

# Edmond Santa Fe Cheer

2024 - 2025

## Tryout Information Packet & Membership Guidelines



# Edmond Santa Fe Cheer 2024-2025

## Welcome Letter

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Dear Cheerleading Candidate & Parent/Guardian,

Thank you for your interest in trying out for a 2024-2025 Cheerleading Squad at Edmond Santa Fe High School. We appreciate your enthusiasm and interest in our program and are so excited to see what the new school year holds. Included in this packet you will find information that will explain the try-out process, membership guidelines, and general information that all members (and parents/guardians) will need to be aware of before trying out. We take pride in our program and want the very best for all members of Varsity and Freshman Cheer.

The purpose of cheer at Edmond Santa Fe High School is to promote school spirit, support various organized activities, represent the school, and provide positive leadership in all aspects of school life. The Varsity and Freshman squads will promote and encourage student body involvement and will exemplify loyalty, cooperation, and positive attitudes. This can be a truly rewarding experience for each of you, but it also requires a tremendous time commitment. Cheerleading truly is a year-round sport! Additionally, a squad member must be able to work well with others; as cheer is a team sport. Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of either the Varsity or Freshman Cheer Squad.

Parents, please also understand that when your child makes Varsity or Freshman Cheer there are some responsibilities on your part as well. Not only do the girls have to work together as a team, so do the parents. This is an all-around team sport and it takes the trust, commitment, and communication of all members, coaches, parents, and administrators to be successful. Once selected for Varsity or Freshman Cheer, you will be financially obligated to pay for all expenses that come your way.

Candidates wishing to try-out for a position on Varsity or Freshman Cheer and his/her parent/guardian must read through the Edmond Santa Fe Cheer Handbook, as well as the EPS District Contract that all three Edmond High Schools follow. After reading, both student and parent signatures are required indicating that, if selected, both agree to abide by the rules and regulations governing the activities of Varsity and Freshman cheerleading at Edmond Santa Fe High School.

We are so excited for the year ahead and look forward to meeting you! Thank you so much for considering trying out for Edmond Santa Fe Cheer and GOOD LUCK to each of you!!!!

Sincerely,  
Megan Molinsky - Head Varsity Coach  
Sherri Fitch – Head Freshman Coach

# Clinic and Tryout Information

## Cheer Clinic Information

- ★ Clinic Dates: **Tuesday, March 12th – Thursday, March 14th**
- ★ Clinic will be held from 4:00 – 5:30 PM in the Cheer Room.
- ★ Clinic will be closed at 5:30 PM; no participants may stay beyond the designated time.
- ★ Clinic is closed to the public: only coaches, choreographers, administrators, and current senior cheer members may attend and watch.
- ★ Required attire for the clinic is: athletic shorts, t-shirt, socks, and cheer shoes. Hair and bangs must be secured away from the face and no jewelry is to be worn.
- ★ Gum chewing, cell phones and videoing of tryout routines will not be allowed.

## Cheer Tryout Information

- ★ Tryout Date: **Friday, March 15th**
- ★ Each candidate will be assigned a designated check-in time. Times will be given on the last day of clinic.
- ★ Try-outs are closed to the public.
- ★ All candidates must exit the building and leave school grounds immediately following their try-out.
- ★ Tryout results for Varsity and Freshman Cheer will be posted after results have been tallied. Results for Varsity and Freshman Cheer will be posted on our Santa Fe Cheer Instagram accounts  
Varsity Instagram: @SFWolvesCheer Freshman Instagram: @SFWolvesFrCheer
- ★ Required attire for Tryouts: 2024 Tryout Shirt, black shorts, white no-show socks, and white cheer shoes..
- ★ Hair and bangs should be secured back out of the face.
- ★ No jewelry is to be worn.
- ★ Gum chewing will not be allowed.

## Tryout Guidelines and Criteria

- ★ A parent/guardian must attend the virtual tryout meeting in order for the participant to try out.
- ★ Candidates may only try out at one Edmond High School.
- ★ Candidates must be academically eligible in order to try out.
- ★ The following items must be completed and turned in by **4 PM Wednesday, March 6th**, in order to be eligible to try-out:
  - EPS District Guidelines Signature Page
  - Santa Fe Cheer Guideline Agreement
  - Rank One Online Forms (including physical)
  - \$40 Tryout Fee (no refunds are given should the candidate choose to not tryout or be dismissed)
- ★ Three judges will be scoring the participants.
- ★ Cheer tryouts will be held on a matted gym floor.
- ★ The use of cell phones, videoing of tryout routine, inappropriate behavior, and/or disruptions during the tryout process in the gym are strictly prohibited. Violations may result in immediate dismissal from tryouts.
- ★ Previous squad members are not guaranteed a spot on a squad.

## Tryout Score Sheet Breakdown

<b>Tumbling Skills</b>	<b>Performed Individually</b>	<b>Points Possible</b>
Running Tumbling (on mat)	Difficulty, Execution, Timing, Precision, Body Placement, Control	10
Standing Tumbling	Difficulty, Execution, Timing, Precision, Body Placement, Control	10
<b>Jumping Skills</b> <small>All jumps must be connected</small>	<b>Performed Individually</b>	<b>Points Possible</b>
Pike Jump	Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision	5
Front Hurdler	Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision	5
Toe Touch	Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision	5
<b>Band Chant Skills</b>	<b>Performed in Groups of 2-3</b>	<b>Points Possible</b>
Motion Technique	Placement, Sharpness, Execution, Timing, No Broken Wrist	5
Timing and Rhythm	Fluid Movement, Motion Memory, Timing	10
<b>Cheer Skills</b>	<b>Performed in Groups of 2-3</b>	<b>Points Possible</b>
Motion Technique	Placement, Sharpness, Execution, Timing, No Broken Wrist	10
Voice Projection	Loud, Strong, Word Enunciation, Energy, Enthusiasm	10
Spirit & Enthusiasm	Expression, Facial Projection, Eye Contact, Spirit, Excitement, Crowd Appeal	10
Memorization	Word Memory, Motion Memory, Recoveries	5
Jump & Standing Skill Combination	Execution, Difficulty, Timing	5
<b>Overall Impression</b>	<b>Based on Entire Tryout Process</b>	<b>Points Possible</b>
Overall Impression	Confidence, Appearance, Entertaining, Judges Impression	10
<b>Total Points</b>		<b>100</b>

## Standard of Scoring

This is a breakdown of skills from lowest to highest in point value to give you a reference of what skills will be worth more than others. The actual point value you receive from each judge depends on your execution, technique, and poise while performing each skill. You are encouraged to do the hardest skill that you can cleanly and accurately do best.

<b>RUNNING TUMBLING</b>	<b>Points Possible</b>
No Skill	0
Cartwheel, Round off	1
Round off Back Handspring(s)	2
Round off Back Tuck	3
Round off Back Handspring Back Tuck	4
Series to a Back Tuck	5
Back Handspring Layout/Specialty pass to Back Tuck	6
Series to a Layout	7
Specialty Pass to Layout/Layout Step out	8
Full	9
Kick-Full/Specialty pass that includes a Full/full-step out	10

### **STANDING TUMBLING**

No Skill	0
Front/Back Walkover, Poor Back Handspring	1-2
Strong Back Handspring(s)	3-4
Standing Back Handspring into Back Tuck	5-6
Standing Tuck (including X-out, pike, tuck-tuck, tuck handspring tuck), Standing Tumbling that includes a layout	7-8
Standing tumbling that includes a twist	9-10

### **JUMPS (each jump will be performed interconnected and worth up to 5 points each)**

Bent legs, flexed toes, poor technique, legs below level, poor landing, poor arm placement	0-2
Average jumps, pointed toes, legs level, landing feet slightly apart, okay arm placement	3
Very strong/above average jumps, pointed toes, legs slightly hyperextended, landing clean, good arm placement	4
Perfection, extremely pointed toes, legs extremely hyper extended, landing feet together, perfect arm placement	5

## MOTION TECHNIQUE

Loose arms, bad placement, broken wrist	0-5
Semi-sharp arms, average placement	6-10
Extremely sharp, perfect placement	11-15

## VOICE PROJECTION

Not yelling, poor inflection, no expression	0-4
Talking loudly, some inflection, somewhat monotone	5-7
Yelling loud, good inflection, energetic	8-10

## SPIRIT & ENTHUSIASM

Few smiles, lacks enthusiasm, poor expression, poor presentation	0-4
Strong smiles, good enthusiasm, good presentation	5-7
Incredible natural smiles, exceptional enthusiasm, very entertaining, NOT over the top	8-10

## COMBINATION (Jump & Standing Skill)

Jump to Jump	2
Jump and Standing back handspring, Double or Triple toe to back handspring	3
Jump and Standing back tuck	4
Jump and Standing Full	5

***\*\*Point values assigned for timing, rhythm, and overall impression are up to the judge's discretion***

# Squad Member and Parent Expectations

## Squad Member Expectations

- ★ Promote school spirit and unity, support, and encourage student body involvement at sporting events, various school activities and dressing up for school-wide dress up days.
- ★ Provide half time entertainment at sporting events and maintain the skills that were performed at tryouts all season.
- ★ Demonstrate unity through uniforms, hair, socks, shoes, poms, bows being exactly the same at games and performances.
- ★ Increase self-esteem in all members.
- ★ Be a competitive team member, while exemplifying respect to all squad members and coaches, and being a teammate by always thinking of your squad before yourself.
- ★ Set an example for the rest of the student body by exemplifying loyalty, cooperating and positive attitudes.
- ★ Represent Edmond Santa Fe by acting as positive role models and demonstrating good leadership qualities at all times
- ★ Only wear uniform attire including but not limited to warm-ups, uniforms, t-shirts, etc. to sporting events, school activities, or other events designated by coach.

## ZERO TOLERANCE POLICY!

Cheerleaders are expected to follow **ALL** school rules at all times. Not only during cheer practice and at events but also in the classroom and hallways on a day-to-day basis. Behavior issues in the classroom **WILL NOT BE TOLERATED.**

- ★ 1 detention will result in sitting in the bleachers with the sponsor at the next event.
- ★ 3 detentions will result in the cheerleader not allowed to attend the following event in her uniform
- ★ Zero office referrals will be tolerated. An office referral will result in dismissal from the squad.

The sponsors will receive weekly updates on each cheerleader's grades and behavior from their teachers. They will be held to a higher standard than their peers as they represent our school in a leadership position. This position is a privilege and should not be taken lightly.

## Parent/Guardian Expectations

- ★ In order for our squads to be successful, it takes the cooperation of the parents, participants, coaches, and administrators.
- ★ Parents are responsible for all financial obligations for camps, clinics, and other expenses involved in this activity during the school year.
- ★ Parents need to be aware of the time commitment involved in cheerleading and need to support your child and sponsor in these activities to see that he/she fulfills all responsibilities. Including being available to provide transportation to and from these events when needed.
- ★ Understand by the very nature of the activity, cheerleading, tumbling, and stunting carry a risk of physical injury. No matter how careful the participant and sponsor/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. As a parent, you understand these risks and will not hold Edmond Santa Fe High School or any of its personnel responsible in the case of accident or injury at the time.
- ★ Parents and participants need to trust and support the decisions and appreciate the time made by the sponsors, coaches, and administrators to always do what's best for the team.
- ★ Please keep in mind that sponsors have other responsibilities and commitments outside of cheerleading and it is asked that parents and participants respect their personal and professional time.

- ★ Issues should not be addressed during practices, games, or other school events. The sponsors need to fully supervise their squad while at these events. Please email or message the cheer sponsors on the cheer Band app with any questions or concerns.
- ★ There is a proper chain of command, starting with the sponsor, athletic director, assistant principal, principal and finally school board. In fairness to all parties involved, please follow the chain of command.
- ★ Understand that any violations to the District or Edmond Santa Fe Guidelines may lead to a temporary or permanent suspension from the squad.

## Class and Scheduled Practice Rules

- ★ Attendance is required at all scheduled practices.
- ★ Any practice or choreography dates scheduled after July 7th are required for all members.
- ★ Practices are considered before school, during 6th or 7th hour, after school and weekends. Practice will not be planned around those who have jobs, outside activities or appointments. Members will be expected to schedule around cheer.
- ★ Required attire for cheer class and practice will be athletic wear. For example, modest, athletic shorts, athletic leggings, t-shirts, tank tops, socks, and cheer shoes. Non-athletic wear will not be allowed. Hair and bangs need to be secured away from the face and no jewelry to be worn. Gum chewing will not be allowed.
- ★ Never build a stunt without a coach/sponsor present.
- ★ No phones are used during practice.
- ★ If you must miss a practice, notify your coach 24 hours prior to practice.
- ★ Doctor appointments, hair appointments, jobs, babysitting and/or picking up siblings, ect. should never be scheduled during practice times, events or games.
- ★ When a squad member is absent from practice, it is her/his responsibility to learn what was missed prior to the next practice.

## Game Day Conduct

- ★ For home games, arrive on time in uniform and ready to begin cheering.
- ★ Uniforms, hair (bows), socks, shoes, poms are to be exactly the same at games.
- ★ NO JEWELRY IS TO BE WORN AND NO BRA STRAPS SHOWING WHEN IN UNIFORM.
- ★ Game day basics: no gum, eating, drinking, inappropriate motions, crazy side line dancing, foul language, leaving the line, talking etc.
- ★ If a cheerleader is in the wrong uniform, they will not be allowed to cheer.
- ★ Restroom and water breaks are accomplished before the game and during half time.
- ★ Remain in formation at all times. Legs shoulder length apart with hands/poms behind the back.
- ★ Be attentive to the game captains.
- ★ Be attentive to the game.
- ★ Be attentive to band songs, PA songs, etc.
- ★ Injured athletes will attend games in uniform and sit with the coach.
- ★ Ineligible athletes will not attend home/away games (in uniform or out of uniform), be involved in team functions, or sit on the bench/participate on the sidelines with the team. The cheerleader is expected to be home studying or getting help in the class they are failing.
- ★ For all out of town games, members must ride the school bus to the game.
- ★ For away games and other events designated by coach, all members need to be fully dressed (makeup and hair included) and ready to go prior to leaving Santa Fe.



- ★ Members are encouraged to ride the bus back after games. However, if a parent or guardian requests to take a cheerleader home from a game they must check in with your coach.
- ★ If an athletic event is canceled or postponed, the Cheer members are to attend the rescheduled event.

## Uniform

- ★ School-issued uniforms are school property but will be the responsibility of the squad member to see they are properly cared for. Any damage to or loss of the uniforms will result in the responsible member paying for a replacement. Additional accessory items may be purchased and worn only with the coaches' approval. No material is to be cut when doing alterations. Cost for alterations will be at members' expense.
- ★ Uniforms may only be worn at school, games or events designated by the sponsor.
- ★ These uniforms may only be used and worn by the member they are issued to. No lending of uniform pieces will be allowed.
- ★ All uniforms must be returned after the end of basketball season and prior to tryouts. Any damaged or lost items must be paid for or a hold will be placed on semester grades. If a member is dismissed from the team during the school year, an immediate financial hold for the uniforms will be placed on the account. The student has one (school) week, weekend not included (5 days from dismissal) to return the uniforms to the sponsor.

## Social Media Policy

- ★ We strive to maintain dignity and integrity in and out of practice. Social networks such as Twitter, Snapchat, Facebook and Instagram are viewed by parents, young children, and oftentimes other cheerleaders and students from across the county. It is important that you represent yourself as a positive leader on such websites. The following should not be used or seen on social networking accounts (the list include, but is not limited to):
  - Use of inappropriate content, profanity, alcohol, tobacco, public display of affection, inappropriate clothing, or negative comments towards the cheer & pom program, other teammates, coaches, or administration.

## Santa Fe State Cheer Squad

- ★ This is the elite squad, which will represent Edmond Santa Fe High School at the regional and state competition.
- ★ Cheer is an OSSAA sanctioned sport; therefore, all members (including freshman) trying out for a spirit squad at Edmond Santa Fe High School will be trying out for a position on the State Cheer squad as well.
- ★ Selection of the State Cheer team will ultimately be at the discretion of the sponsor and coach(s).
- ★ Factors that will determine selection include, but are not limited to, tryout scores, athletic ability/skill set, participation/attendance at practices, attitude and work ethic, fulfillment of a specific role or position based on routine choreography, etc.
- ★ The number of members that make the State Cheer squad will be solely based on how many participants the coaches feel are qualified and meet the requirements and expectations for the State Cheer squad.
- ★ State Cheer season may begin as early as April and will continue through State Competition in September. This includes summer months May, June, July, and August.
- ★ Individuals are expected to maintain their skills throughout the State Cheer season that were performed at tryouts. A decrease in skill level (not due to injury) will place an individual's placement in the routine in jeopardy.

- ★ All squad members will be required to attend all practices, including injured or ineligible cheerleaders. Attendance is vital for the competitiveness of the squad. Practices may be daily, after school, in the evenings and on the weekends. If practices are missed, squad members will be required to make up practice time at the discretion of the coaches. Beginning in August through the date of the State Competition, all practices are required.
- ★ All squad members chosen for the State Cheer competition squad are financially obligated to pay for all fees for the competitive season.
- ★ If a member chooses to quit or is removed from the State Cheer competitive squad he/she will also be removed from the sideline squad and is required to pay their financial obligations in full regardless of their decision to leave the squad.
- ★ Fundraising opportunities may be needed to offset the costs of the State Cheer competition squad props, including but not limited to poms, signs, flags, etc. If these needs are met, fundraising funds can be used to buy the State Cheer Regional/State Competition shirt that is worn to the competition. Lastly, if there are additional available funds these can be used to offset coaching fees; however, fundraising must be organized by parents with prior communication and approval from Coach Molinsky and Edmond Public Schools.
- ★ If the following events occur before Regional and State Competition dates, no member may participate in homecoming events such as Mud Volleyball and Powder-Puff Football for risk of injury.

## Application Checklist

### Guidelines, Permission Form & Fee:

- Edmond Public Schools Cheer & Pom District Guidelines Signed
- SFHS Cheer Virtual Parent Meeting Attended & Signed In
- SFHS Cheer Application Completed and Guideline Agreement Signed
- EPS Permission to Participate & Consent to Treat Form Signed
- \$40.00 Fee Included (Cash, Money Order, or Checks payable to SFHS Cheer)

### Physical (must be able to check one): [Link to Physical Form](#)

- Existing physical should be on file at SFHS for 2023 - 2024 year.
- Sport candidate participated in for the 2023 - 2024 year: \_\_\_\_\_
- Existing physical should be on file at middle school for 2023 - 2024 year. Candidate is responsible for getting a **copy** from your middle school to turn in with paperwork by 4 PM on Wednesday, March 6th, 2024.
- Candidate does not have an existing physical. Candidate will need to get a physical in order to try-out according to the OSSAA's policy and turn in with paperwork by 4 PM on Wednesday, March 6th.  
***ALL CHEERLEADERS will have the understanding that a new physical will be needed dated May 1, 2024 or after for the 2024-2025 school year. OSSAA's calendar year for a physical is May 1—May 1.***

**Information on the RankOne website all must be completed by 4 PM Wednesday, March 6th.**

### [Link to RankOne](#)

- Physical Information Form
- Concussion Acknowledgement Form
- Drug Test Consent Form
- Permission to Travel Form
- Sudden Cardiac Arrest Acknowledgment Form
- Physical / Medical History Form –Download and print- need doctor's signature, student and parent/guardian signature.

**IF STUDENT IS NOT PREVIOUSLY ENROLLED ON RANKONE IT CAN TAKE 24-48 HOURS TO APPEAR ON THE RANKONE SYSTEM, STUDENT NEEDS TO APPEAR ON THE SYSTEM BY 4 PM Wednesday, March 6th**

# Cheer Guidelines Agreement

**Parent/Guardian**

I hereby authorize my child, \_\_\_\_\_, to try out for cheer at Edmond Santa Fe High School. If my child is chosen for the position of cheer team member, I understand he/she is obligated to serve in that capacity for the entire school year, unless he/she leaves school or does not continue to meet the requirements of the position. I have read the guidelines and am aware of the rules and guidelines stated in the *Edmond Santa Fe Cheer Membership Guidelines and General Information Packet* & the *Edmond Public Schools District Guidelines* that must be followed throughout the year and understand that violation of any of these rules may lead to loss of points, and/or temporary or permanent suspension from the team. I understand that all forms attached must be completed by Wednesday, March 6th, 2024, and turned in by 4PM, or my child will not be allowed to try-out. I have discussed the guidelines with my child, and we will abide by these rules and regulations if chosen for a team.

\_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_\_  
*Parent/Guardian's Signature Date*

\_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_\_  
*Print Parent/Guardian's Name Date*

**Candidate**

I have read the entire *Edmond Santa Fe Cheer Membership Guidelines and General Information Packet* & the *Edmond Public Schools District Guidelines* and understand all rules and regulations set forth in them. I understand that if selected for an Edmond Santa Fe Cheer Team, I will be expected to abide by these rules, as well as any other rules designated by the coach or administrators. I understand that membership on the cheer team is both an honor and extremely hard work. I will make every effort to be a successful member of the team by supporting my coach, my fellow team members, and the program throughout the year. I further understand that Edmond Santa Fe Cheer team members are held to the highest standards possible, and if I am selected, I will respect and honor the privilege given to me to represent Edmond Santa Fe in the best manner possible. I have read all forms and discussed them with my parents, and we will abide by these regulations if chosen for a team.

\_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_\_  
*Candidate's Signature Date*

\_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_\_  
*Print Candidate's Name Date*



# **EDMOND PUBLIC SCHOOLS**

*Empowering all students to succeed in a changing society*

## **Parent Permission to Participate**

The parent/guardian signing below hereby grants permission for the student to participate in the School Activity. Both parent/guardian and Student have read this agreement, voluntarily sign below, and agree to be bound by the terms and conditions of this agreement.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent/Legal Guardian's Signature  
(For students under 18 years old)

\_\_\_\_\_  
(Print Student's Name)

Dated: \_\_\_\_\_

## **Important Contact Information**

Parent Name (Print): \_\_\_\_\_

Phone Number (Home) \_\_\_\_\_ Work or Cell Phone: \_\_\_\_\_

In the event of illness or accident, if we should need to contact someone other than listed above, please contact:

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

## **Consent to Medical Care**

If your child sustains a non life-threatening injury, Oklahoma law requires that a hospital have parental consent before beginning treatment. This form allows you to give the necessary permission, even if your child is under the care of another adult. With your consent, this form can be presented at any medical office, clinic, or hospital in Oklahoma for emergency medical care.

In the event of illness or injury, Student and parent/guardian hereby consent to whatever x-ray, examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care from a licensed physician as deemed necessary for the safety and welfare of Student. It is understood that the resulting expenses will be the responsibility of the student participant and/or parent or guardian.

\_\_\_\_\_  
(Parent or guardian signature regarding Consent to Medical Care only)