

# Maine West Cheerleading Tryout Packet 2016-2017

Thank you for your interest in Maine West Cheerleading. Cheerleading at Maine West is a serious commitment and is not to be taken lightly. Please make sure that you review all of the rules and expectations. Please start conditioning and working on tumbling now; it will be very important for tryouts. If you have questions, please make sure that you ask prior to or on the first day of tryouts. This is a great sport to become involved in. Do not be overwhelmed or afraid to try out. We wish you the best and thanks for choosing to be part of our award winning program.





# Expectations and Regulations

## Maine West High School Cheerleading

### ACADEMICS

The Maine West Cheerleading program expects academics to be each participant's first priority. Maine West cheerleaders are expected to follow the Maine West rules for eligibility set forth by the IHSA.

### ATTENDANCE

Attendance at all practices, games, competitions, fundraisers, and community events are **MANDATORY**.

The rule is simple—**1,2,3 = OUT**. A participant who misses three (3) times during the school year for any reason may be dismissed from the team for the remainder of the season. **(Work is not excused and please try not to schedule doctor's appointments during practices and games.)**

Every absence will have a consequence. You will be required to sit out from games, competitions, or events for missing any team activity. This will be at the coach's discretion.

**Excessive absences, sitting out for any reason, or missing more than two games in a season could result in removal from the program.**

If a cheerleader is absent the practice before a game, they will be required to sit out the next game.

If a participant is absent from school on a practice or game day, she/he may not participate in any event. **In the case of an extended illness, a parent/guardian must contact the coach.** A doctor's note will be requested. It is the responsibility of each team member to report directly to their coach any illness or injury that would result in a missed game or practice.

Schedules will be given out at the beginning of the season. However, cheerleaders will need to be flexible due to added or changed practice due to facilities, games, weather, competitions, pep assemblies, homecoming, and before-school starts.

Any sport or activity that is not sponsored through Maine West is never excused from a Maine West Cheerleading event, practice, game, camp and/or any cheerleading function.

## ATTIRE

### AT ALL PRACTICES, GAMES AND COMPETITIONS:

- NO JEWELRY including watches, necklaces, rings, earrings, and other piercings
- NO GLITTER including lotions, make-up etc. containing glitter
- NO ACRYLICS/FAKE NAILS Nails should be trimmed to an athletic length and should not be beyond the fingertips.
- NO GUM is allowed during practices or games
- NO CELL PHONES AND NO TEXTING DURING PRACTICES AND OR GAMES!!!!!!
- .... And any additional IHSA mandated rules

## PRACTICES

Practices are closed unless an invite is extended.

Proper attire for practice is t-shirt, shorts, cheer shoes, and hair up in bow.

All participants are expected to be in practice attire and ready to begin at the designated practice time. If a cheerleader is late to practice for academic reasons, they must bring a pass/note from their teacher.

## GAMES

Games are a very important part of high school cheerleading.

Proper uniform for all games is Cheerleading uniform, body liner, briefs, cheer shoes, appropriate socks, hair bow, and game face. Warm-ups should be worn to and from games during cooler weather. **Jewelry of any kind can never be worn.** New piercings are not an exception. **No gum is allowed.**

Each cheerleader is responsible for the proper care of their uniform. Each cheerleader will be fully responsible for the replacement of any uniform in their care that becomes damaged or lost.

All cheerleaders should wear their Maine West Cheerleading uniform with pride on game days and at all regular season games and tournament games (unless otherwise specified by the coach). If you are sitting out due to non co-curricular reasons, you will sit out in full uniform. (This could be warm-ups, shirt & shorts, and/or uniform; it is up to the coaches' discretion.)

## **ATTITUDE**

In order to achieve maximum success as a team, each individual must demonstrate a good work ethic and be willing to work for the good of the team. Respect for other team members and the coaching staff is imperative. Negative behavior may result in suspension from participation in one or more games or dismissal from the team.

Parent participation is appreciated. Decisions about coaching and program management are solely the responsibility of the coaching staff.

Each participant will sign and adhere to the Maine West Cheerleading Expectations and Regulations.

## **ATHLETICS**

Cheerleading is a demanding activity and requires the same physical training and dedication as any other sport. Maine West Cheerleaders are expected to maintain physical fitness through full participation in warm-up and conditioning activities.

Like other sports, the possibility of injury is present in cheerleading. Any injury occurring during practice or game is to be reported to the coach or athletic trainer immediately. Parent(s)/guardian(s) will be contacted.

## **COMMUNICATION**

If a cheerleader is sick or absent for any reason, they must contact their coach via Email by **1:00 p.m.** Failure to inform the coaching staff of any absences could result in sitting out a game(s), event(s), and/or dismissal from the squad. Practices, Games and Competitions are **NOT OPTIONS**.

Any cheerleader involved in another school activity must inform the coaching staff.

## **EXPECTATIONS**

Cheerleaders must have a current physical on record with the Athletic Office by August 1<sup>st</sup>.

**All bills must be paid on time and in full.**

During games, all team members are required to sit together when not cheering.

Cheerleaders are expected to promote school spirit, and sportsmanship at all times whether it is a sporting event or otherwise.

## EXPENSES

If you have an outstanding balance from the season before, it must be paid in full in order to tryout. All uniforms from the year before must be returned before you can tryout.

All bills must be paid on time and in full before any clothing can be distributed.

The **first** payment of **\$350** will be due on:

**June 9**

The **final** payment will be due on:

**August 9**

The following costs are approximate:

### Mandatory:

Day Camp	\$200.00	Body Suit	\$ 70.00
Shoes	\$ 70.00	Bows	\$ 35.00
Warm-ups	<b>TBD</b>	Briefs	\$ 20.00
Practice Clothes	\$ 60.00		
Tumbling (10-week session)	\$100.00		

Various other fees may occur throughout the season for items such as various t-shirts, sweatshirts, ribbons, homecoming decorations, pizza parties, team bonding, etc.

### Optional:

Cheerleading Bags **TBD**

If a cheerleader quits, he or she will be responsible to pay for any pre-ordered items, and/or outstanding balances. There are no refunds for any camps/clinics, clothing and or anything else ordered and not received.

If a cheerleader needs to be set up on a payment plan, they must sign an agreement with the Coach.

## FUNDRAISERS AND VOLUNTEER WORK

As a part of the Maine West Cheerleading program, each member will actively participate in fundraisers and volunteer work throughout the year.

Car Washes	Summer/Fall
Candy/Cookie Sales	Fall
Concession Stand Dates	Various throughout the season
Restaurant Nights	Various throughout the season
Garage Sale	Summer
Various other fundraisers decided by coaching staff	

## MAINE WEST CHEERLEADING PROGRAM

All Cheerleaders must participate in sideline cheerleading for football and basketball season.

If you are on the team the year before, it does not guarantee you a spot for the following year. A veteran can be cut, or a person who is on Varsity can be placed on JV for the following year.

Cheerleaders are not allowed to be on an all-star team or compete on an all-star team during the sideline season or competitive season.

**A cheerleader can get moved up or down squads within the program at the coaching staff's discretion.** You can start on Varsity and get moved to JV and vice versa. This can happen at any time. If a cheerleader does not know the material or keep the required skills (i.e.tumbling, stunting) up, they can be removed from the program. Your place in the program can be switched at any time. You are expected to execute the skills you perform at tryouts throughout the season. You are also expected to improve.

### **Competition:**

The Varsity team will compete in six competitions a year. In addition to the six competitions, Varsity will participate in the IHSA State Series.

To compete, you must attend a mandatory choreography practice. There are no exceptions.

We will practice over Thanksgiving and Winter Break. You will be given schedules in advance. You **MUST** be at these practices. If you miss these practices, you may lose



your spot on the competition floor.

**Camp Information:**

This year, we will be attending a 3 Day Camp at Niles North High School. The camp will be held at the end of **July**. The camp provides an excellent opportunity to strengthen cheerleading skills and prepare you for the season. It also provides an excellent opportunity to get to know athletes that could be your teammates and meet cheerleaders from surrounding schools.

The price for the Camp will be \$200 per person. You will also be charged \$60 for camp wear. The cost of transportation will be divided among the number of athletes that attend.

## **Clinic**

We will have two open gyms to have the potential cheerleaders come into school and practice tumbling skills on the hard floor/mats. Anyone can also come in with stunt groups. A coach will be in attendance, however, no spotting will be provided. There is no cost.

**Tuesday, May 17: 5:00-7:00 PM**

**Wednesday, May 18: 5:00-7:00 PM**

Once you make the team, you are expected to attend all practices and events. We will NOT work around work or individual schedules. You can also take summer school; that will not conflict.

## **Tryouts**

In order to tryout, you must have to following paperwork:

- Cheerleader Candidate Questionnaire (Detach from packet and return)
- Signed Maine West Cheerleading Expectations and Regulations Form (Detach from packet and return)

Candidates will be judged on the following areas: running tumbling, standing tumbling, jumps, cheer, dance, flexibility, endurance, and attitude.

Each day to tryouts you should wear the following: plain white t-shirt, black shorts, cheer/athletic shoes, hair pulled back, white bow. All jewelry should be removed. You should bring water with you.

Tryouts will take place on:

**Thursday, May 19th at 5:00pm**

The 2016-2017 teams will be announced on Friday May 20

Please see the Maine West Cheerleading Webpage for updates:

<http://mwcheer.yolasite.com/>

## **Expectations and Regulations Maine West High School Cheerleading**

I have read the Maine West Rules and Regulations and understand the responsibility and commitment it takes to be a Maine West Cheerleader. I will follow the procedures and rules as stated and any additional rules and procedures that may come up during the year.

**Athlete's  
Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent's Signature**  
\_\_\_\_\_

**Date** \_\_\_\_\_

# Maine West Cheerleading—Tryout Questionnaire

Please answer the following questions honestly. I understand that if I check Varsity only and I make JV, I will be cut from the program.

Athlete's Name \_\_\_\_\_

Year in school (Fall 2016) \_\_\_\_\_

Email Address \_\_\_\_\_

Parent's Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Preferred Stunting Position \_\_\_\_\_

Are you willing to try other stunting positions: YES NO

If you circled yes, what other positions are you willing to try?

\_\_\_\_\_

Which team are you trying out for?

(check all that apply): \_\_\_\_\_JV \_\_\_\_\_Varsity

Are you **Male** or **Female**?

What size t-shirt do you wear? (circle)

Youth L XS S M L XL

What size shorts do you wear? (circle)

Youth L XS S M L XL

What does the word alternate mean to you? Would you remain fully involved in the program if you were selected as an alternate for competitive season?

Why do you want to cheer for Maine West?

There are multiple parts of being a high school cheerleader: acting as a role model in your school and community, cheering at games (motivating the crowd), and competitive cheerleading. Please explain how you would fulfill all of these roles.