

# CLMS Cheerleading Tryouts 2016-2017

Tryouts will be held April 18, 19 & 20 (Monday, Tuesday & Wednesday)

## SCHEDULE FOR TRYOUTS

- Clinics: Mon & Tues, April 18 & 19, 2:15pm– 4:00pm. (all grades - 5th, 6th and 7th)  
Tryouts: Wednesday, April 20, 1:30 pm for 6th and 7th graders, 3pm 5th graders  
All candidates need to be present outside the gym for possible call backs after tryouts.  
New Squad: Posted on Cheer site and CLMS Gym window Wednesday night by 8 pm.  
<http://clmscheer0910.shutterfly.com/>

## REQUIREMENTS

- \*Students must be current 5th, 6th or 7th graders attending CLMS for the 2016/2017 school year.
- \*Turn in page 3 and 4 of this packet and a copy of your most recent report card by April 8. Do not turn in the packet without a copy of your report card.
- \*Have minimum GPA of 2.5, no F's. No more than 1 N and no U's in citizenship.
- \*Have no school debts (elementary or CLMS)
- \*Have a good attendance record, minimal absences and tardies
- \*Be available for a uniform fitting at CLMS in May, after school.
- \*Be available for a cheer fundraiser E-waste & Clothing Drive, May 1 at CLMS.
- \*Be available for 4 mandatory summer practices, on Wednesdays (July 13, July 20, July 27 and Aug 3 from 8am-12noon)
- \*Be available for summer cheer camp July 21, 22 & 23 at CLMS (Thurs, Fri & Sat)
- \*Be available for possible after school practices for an hour, 2x a week
- \*Check our website for calendar dates - <http://clmscheer0910.shutterfly.com>

## CLINICS

- \*Wear athletic shorts, tank top or t-shirt, socks and tennis shoes. Hair up and out of face!
- \*No boots, sandals, heels, skirts, dresses, tub tops, jeans, or inappropriate clothing. No bare feet.
- \*No stomachs showing, no short shorts, no sports bras or under garments showing. Dress code enforced.
- \*No jewelry or gum. No food allowed in the Gym. Water bottles are encouraged.

## TRYOUT PROCESS

- \*You will learn a dance, cheer and toe touch jump.
- \*Tryouts are Wed, April 20, beginning at 1:30 pm in the gym. 5th graders begin approx. 3:00pm.
- \*Tryouts will be in groups. Order drawn randomly during the clinic on Tuesday, April 19.
- \*We will have call backs. After you tryout, you need to be outside the gym until dismissed.
- \*There is a set number of spots available on the cheer squad. Highest scores will make the team after grade, discipline and attendance checks are done. Results are final.
- \*Teacher recommendation forms will be emailed to teachers for input on grades, behavior, leadership qualities, attendance and citizenship.
- \*Current cheerleaders must tryout and are not guaranteed a spot on the new squad.
- \*You will perform the dance, cheer and toe touch jump at tryouts.
- \*Tumbling is highly encouraged but not required. You earn bonus points for tumbling!

## ATTIRE FOR TRYOUTS

- \*Show your school spirit! Wear black/gold/white. Hair ribbons or bow!
- \*Wear athletic shorts, tank top or t-shirt, tennis shoes and socks. Hair out of face! No jewelry!
- \*We are looking for students who can perform! Students with enthusiasm, outgoing personalities, big smiles, skills, potential and that special something that shows us you have what it takes to be a Cougar Cheerleader!



**\*\*\* PLEASE READ \*\*\***

**In order for the cheer program to run smoothly, everyone needs to understand the requirements and commitment involved. Please be sure to read all information carefully.**

To be a member of the CLMS Cheer Squad is a privilege and a HUGE COMMITMENT. It is a wonderful way for a student to get involved at CLMS. Responsibility, teamwork, dedication, enthusiasm, and hard work are a must. Cougar Cheer is a rewarding and exciting program that teaches teamwork, dedication, academics, leadership, school spirit and hard work. The squad is involved in every aspect of the school, supports all groups at CLMS and promotes school spirit. If you feel you have what it takes to be a Cougar Cheerleader and promote school spirit at CLMS, turn in your paperwork on time and we will see you at tryouts! Good Luck!

- ~Tryout results are final and current squad members are not guaranteed a spot on the new squad.
- ~Attendance is required at summer practices, after school practices, Saturday practices, performances, competitions, games, program fundraisers and meetings. Cheer is extremely time consuming. You may be required to miss other outside activities/sports when an event or extra practice is scheduled.
- ~Attendance is highly recommended for summer cheer camp. Camp costs \$175 for 3 days and a deposit of \$100 will be due at the uniform fitting in May if you choose to attend summer camp.
- ~If you play sports, dance or do all star cheer, CLMS Cheer comes first if there is an event/performance conflict. Be sure to discuss this with your parent/guardian.
- ~Academic requirements must be maintained the entire year or you will be placed on probation and then be removed from the squad if the issue is not corrected in a timely manner.
- ~Parent involvement is strongly encouraged and needed throughout the year.
- ~Parents/guardians must also be committed to the team and make every effort to get your cheerleader to events and practices. We post calendar events in advance and expect cheer members and parents to be responsible and check the cheer calendar daily. Parents need to be pro-active and check with coaches first before scheduling vacations and events that may cause a conflict.
- ~All cheerleaders and parents will sign a spirit contract and adhere to the rules and guidelines.
- ~Each cheerleader is responsible for learning all the material and practicing at home. The coaches may have a cheerleader sit out of a performance if they do not know the material.
- ~Each cheerleader is responsible for coming to school everyday. If you miss a practice or cheer class before a performance/event, you will not be able to perform.
- ~Cheerleaders with excessive absences from school will be placed on probation and then removed from the squad if attendance does not improve.
- ~Each cheerleader will need a uniform in order to perform with the team. Uniforms consist of shell, body liner, skirt, briefs, bow and shoes. Detailed info will be given to all new squad members. If funds are available, the district provides the skirt and body liner, which will be returned at the end of the year. The shells, briefs, bows and shoes must be purchased. We will do fundraisers to offset the costs of these items. (May 1 is our first fundraiser) Cheerleaders may also purchase the skirt and body liner if they choose.
- ~We will need donations and 100% participation in fundraisers throughout the year to help pay for program costs such as spirit items, poms, signs, transportation fees, stunt clinics, choreography fees, competition fees (if we compete), awards, poster paper, luncheons and more.



# CLMS CHEER 2016-2017

## Tryout Application and Permission Form

Student name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parents names \_\_\_\_\_

Parents phone numbers \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Medical Insurance \_\_\_\_\_ Policy # \_\_\_\_\_

Email \_\_\_\_\_

CURRENT Grade \_\_\_\_\_ Current School \_\_\_\_\_

5th Graders Only - Teachers Name \_\_\_\_\_

6th and 7th graders, list your teachers:

Per 1

Per 2

Per 3

Per 4

Per 5

Per 6

By signing below, I give my student permission to tryout for the CLMS Cheer Squad and we will not hold CLMS and/or LEUSD staff or employees or any cheer member, coach, advisor, student or helper of CLMS liable for any and all injuries that may occur while trying out for the 2016/2017 cheer squad. We understand by the very nature of the activity, cheerleading carries a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk 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. We understand these risks.

STUDENTS NAME \_\_\_\_\_ STUDENT SIGNATURE

PARENT SIGNATURE \_\_\_\_\_



Turn over and complete the back

## PLEASE ANSWER THE FOLLOWING QUESTIONS

- 1) What activities are you involved in after school? (tumbling, dance, cheer, soccer, volleyball etc.) How many days a week are these activities? What time? Are you able to miss these activities if you are required to be at a CLMS cheer event, competition or after school practice?
  
- 2) Are you able to be a part of a TEAM? Can you work well and get along with others?
  
- 3) Cheerleaders are performers! They are not shy. Cheerleaders need to be spirited, upbeat, outgoing, positive and smile all the time! (especially when performing) Are you this type of person? Can you perform and look like you are having a great time while in front of a crowd? Explain your answer...
  
- 4) What does being a member of the CLMS Cheer Team mean to you?

### PLEASE CIRCLE

Previous Cheer Experience: none      1-2 years      3-4 years      5 or more years

Previous Dance Experience: none      1-2 years      3-4 years      5 or more years

Tumbling Experience: none      1-2 years      3-4 years      5 or more years

### PLEASE CIRCLE ALL SKILLS THAT YOU CAN PERFORM WITHOUT A SPOT

Round off      Front walk over      Back walk over

Standing back handspring      Standing back tuck      Round off back handspring

Layout      Full      Round off back handspring tuck

Stunting Experience: none      1-2 years      3-4 years      5 or more years

### PLEASE CIRCLE POSITIONS YOU CAN PERFORM WITHOUT A SPOT

Base      Flyer      Back Spot      Front Spot



Turn in pages 3 and 4 along with a copy of your last report card to Mrs Stevens or Mrs Tammy at CLMS by April 8! Questions: email the coaches:

Tammy.Howard@leusd.k12.ca.us and/or Colleen.Stevens@leusd.k12.ca.us