

CLMS Cheerleading Tryouts 2019-2020



Tryouts will be held April 15, 16, 17 & 18 (Mon, Tues, Wed, & Thurs)

SCHEDULE FOR TRYOUTS

- Clinics: Mon, Tues & Wed, April 15, 16 & 17, 4pm - 6pm. (all grades - 5th, 6th and 7th)
- Tryouts: Thursday, April 18, 4pm all grades
- New Squad: Posted on CLMS Cheer site by April 25 <http://clmscheer0910.shutterfly.com/>

REQUIREMENTS

- *Students must be current 5th, 6th or 7th graders attending CLMS for the 2019/2020 school year.
- *Turn in page 3 and 4 of this packet by April 12. 5th graders must attach a copy of last report card. 6th and 7th graders, we will look up your grades.
- *Have minimum GPA of 2.5, no F's, no N's and no U's in citizenship.
- *Have no school debts (elementary or CLMS)
- *Have a good attendance record. (minimal absences and minimal tardies)
- *Have a clean behavior record
- *Current 6th/7th graders, must have A or B in Cheer, Dance or PE classes
- *Be available for a new cheerleader/parent meeting on May 6 in the library, 6:30pm
- *Be available for mandatory uniform fitting, June 6, 4-6pm in the dance room.
- *Be available for mandatory summer practices starting July 15 (several days a week)
- *Be available for summer cheer camp July 17 and 18, all day
- *Be available for at least one evening practice each week during the school year, after school practices when needed for performances and assembly preparation
- *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 to perform at tryouts.
- *Tryouts will be in groups of 2.
- *Highest scores will make the team after discipline checks, attendance checks and teacher recommendations. Results are final.
- *Turn in your paperwork on time! Late packets = 5 points off score!
- *We will give teacher recommendation forms to all your teachers for input on grades, behavior, leadership qualities, attitude, attendance and citizenship. Note: a negative or poor recommendation could affect you making the team.
- *Current cheerleaders must tryout and are not guaranteed a spot on the new squad.
- *Tumbling is not required but it is very difficult to make the team without tumbling.

ATTIRE FOR TRYOUTS

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

PLEASE READ

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 and work towards cheerleading in high school and college! Students must be responsible, dedicated and willing to work hard. Cougar Cheer is a fun and rewarding program that teaches leadership and self confidence! The team works on cheer, dance, stunting and showmanship skills as well as some tumbling and conditioning! The squad is involved in every aspect of the school, supports all groups at CLMS and promotes school spirit. We perform at 7 assemblies each year, Open House, Back to School Night, Orientation, spirit days, dress up days, athletic events, parades and community events. Our State & Nationally award winning competition team has additional practice and competition commitments during the season. (competition team tryouts are in the summer) If you feel you have what it takes to be a Cougar Cheerleader, turn in your paperwork on time and we will see you at tryouts! Good Luck!

Attendance is required for everything! This includes all summer practices, after school practices, evening practices, performances, games, events, fundraisers and meetings. Cheer is extremely time consuming. All vacations need to be planned during June when we are out for summer break or times when we do not have cheer. You must clear vacations with the coaches. Our lives revolve around the team, so will yours.

If you play sports, dance or do all star cheer etc. outside of school and/or in school, CLMS Cheer WILL COME FIRST! Be sure to discuss this with your parent/guardian before turning in your application. No exceptions. We want a team committed to CLMS Cheer!

To make sure you are reading this information, draw a heart at the top of this page!

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 body liner, which will be returned at the end of the year. The shells, briefs, bows and shoes must be purchased. We will do 1-2 fundraisers and take donations to pay for these items. Your cheerleader will keep the shell, skirt, briefs and bows. Approx. cost of uniform items is \$400 and that will be due in late August/September. You will purchase the shoes on your own.

Cheer is an expensive sport! In addition to uniforms, additional costs for a CLMS cheerleader could be a cheer jacket, sweats, field trips, Holiday ornament, competition fees (if on comp) and spirit wear. These items range from \$75 - \$400. Some fundraising is available! Attendance is highly recommended for summer cheer camp. Camp costs \$175 for 2 days with \$100 deposit due May 6 and balance due by June 6.

We also need donations and 100% participation in team fundraisers throughout the year to help pay for program costs such as spirit items, poms, signs, transportation fees, stunt clinics, music, choreography fees, awards, Christmas party, end of the year banquet and more.

If you cant make these commitments, please reconsider trying out.

New team members and parents will sign a spirit contract which goes into more detail.

CLMS CHEER 2019-2020
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 2019-2020 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. We also understand that if we interfere with the tryout process/judging in any way, our student will not be able to tryout.

STUDENTS NAME _____ **STUDENT SIGNATURE** _____

PARENT SIGNATURE _____ **DATE** _____

Please answer the following questions

1) What activities are you involved in after school? (tumbling, cheer, dance, soccer, etc.) How many days a week are these activities? Do you understand you will miss these activities when you have a CLMS cheer event or practice? No exceptions.

2) What does being a member of the CLMS Cheer Team mean to you?

3) Cheerleaders are role models and need to behave appropriately, get good grades and be leaders on campus and off. What does this mean to you?

4) Do you want to cheer in high school or college cheer? We are looking for students who aspire to cheer for CLMS, high school and college!

5) Are you interested in CLMS Competition Cheer?

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

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 page 3/4 to Miss Tammy at CLMS by April 12!
5th graders, attach a copy of most recent report card.
Questions: email the coach: Tammy.Howard@leusd.k12.ca.us**