

# Lee High School Cheerleading Tryout Packet and Constitution

## 2021-2022 Season

Thank you for your interest in trying out for cheerleading. In this packet, you will find the following: Tryout information with a list of important dates, an information sheet, summary of rules for Cheerleading, teacher evaluation, Grade check form and application. You will also need a current physical. Please read and understand all the enclosed information before tryouts.

### **Cheerleading Clinic/Tryout Dates:**

- March 10-12, 2020 from 4:00 – 6:00 PM (Cafeteria)
- Pre-registration- \$15 from February 1- March 9th
- \$20 from March 10-12
- **No refunds**
- **Tryout day: March 12, 2021 from 4:00-7:00pm**

**Tryout material will be taught during the cheer clinic. All cheer candidates must attend the entire cheer clinic.**

### **Official Tryouts March 10-12**

### **Eligibility:**

To be eligible in the fall/spring of 2020-2021 for cheerleading, a student must have:

- A 2.0 GPA
- Must have a good attendance record
- Must not have been placed on suspension or any discipline problems with in current school year
- Must be clear of any fees with any school related activity or sport
- Must not have ANY D's or F's

### **The following MUST BE complete BEFORE you can participate in tryouts:**

- Cheerleading Application and Packet
- Grade check form
- Parental Permission
- Current physical

### **Selection of the cheerleaders will be based on the following:**

- A cheer, chant, and dance that will be taught to you during the clinic.
- Rhythm and Precision
- Toe touch
- Stunts
- Athleticism and physical fitness
- Scholastic achievement and eligibility

- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability.
- Interview

### **What do you wear to tryouts?**

During clinic days please wear comfortable, length appropriate shorts and a white t-shirt/tank top.

- Leggings can also be worn. NO SPAGETTI STRAPS
  - Sports bras and proper undergarments must be worn.
  - No basketball shorts or pajamas.
  - No denim shorts or jewelry.
  - Your hair is to be pulled back into a high ponytail.
  - Tennis shoes must be worn. No non-athletic shoes are not acceptable. *(Including Toms, Converse, Vans etc.)*

**On official try-out day, you will need to wear shorts (navy, col. blue, black, or grey) and a solid white t-shirt or tank top, hair must be in a high ponytail. (Bow optional)**

**Do not wear any previous cheerleading or dance attire during tryouts.**

### **For those who make the squad:**

- Team Meeting (Mandatory for cheerleaders and their parents) – March 16 at 5:30pm via zoom/cafeteria
- Uniform Fitting – March 16, 2021 3:40pm
- Mandatory Cheer Camp – Dates TBD
- Summer Practice – Dated TBD

### **Estimated Costs**

We realize that Cheerleading in an expensive sport, however we try to cut the cost down as much as possible through fund raising and taking care of what we have. There are, however, certain items that cannot be passed down from squad to squad and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. Estimated cost for the season \$950.

Good luck! If you have any questions, please contact Clarice Pippin @(256) 428-8150 ext 147 or clarice.pippin@hsv-k12.org

### **Cheer Tryout Clinic Schedule (*Must have a current physical*)**

**Wednesday-** Check-in, Learn Dance/learn Cheers & Chants, tumbling

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- **Thursday-** final day to turn in application, \$20, check in, receive number, review cheers and chants, learn dance
- **Friday-** Tryout 4-7

**Lee High School Cheerleader Information Sheet**  
**Please complete the following information. Please write LEGIBLY.**

<b>Student Name:</b>	<b>School currently attending</b>
<b>Current Grade Level:</b>	<b>School you attended 20-21 school year:</b>
<b>Home Address:</b>	
<b>Home Phone:</b>	<b>Cell Phone:</b>
<b>Email address:</b>	<b>Birthday:</b>

<b>Parent/Guardian Name:</b>	
<b>Home address (if different from above)</b>	
<b>Parent/Guardian Phone (If different from above)</b>	
<b>Mother's Work Phone:</b>	<b>Mother's Cell Phone:</b>
<b>Mother's Email:</b>	
<b>Father's Work Phone:</b>	<b>Father's Cell Phone:</b>
<b>Father's Email:</b>	
<b>Emergency Contact Name:</b>	<b>Relationship to You:</b>
<b>Emergency Phone:</b>	<b>Emergency Cell Phone:</b>

1. Are you allergic to any medications? If so, please list:

2. Are you currently taking any medications? If so, please list:

3. Are you currently being treated for any injuries? If so, please list:

Other information:

1. Are you currently a member of any club, organization, or team requiring extra practice time? If so please list:

2. List any honors you have received in school:

3. Please attach a copy of your class schedule.

4. Please list any other obligations that may interfere with attending summer camp.

5. What are the dates that you will be out of town during the summer?

6. Were you involved in any behavior infractions during the 2019-2020 school year? If yes, please explain on a separate sheet of paper.

## Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Lee High School, your Coaches, your teammates, and yourself for the **complete season (fall/winter)**. The decision to tryout should not be taken lightly. You will be expected to put academics as one of your top priorities. Furthermore, as a representative of Lee High School, you must **maintain proper behavior and conduct** at all times. You must follow the cheerleading guidelines set forth in the Lee High School Cheerleading Constitution. Students who break the rules will be disciplined. By making this commitment to the Lee High School Cheerleading program, you will receive many valuable and rewarding 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 in being a part of a group that has earned the reputation as one of the finest in Huntsville City Schools.

## Student Agreement

I, \_\_\_\_\_, have read and understand the 2021 –2022 Cheerleading Constitution. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

## Parent/Guardian Agreement

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the 2021-2022 Cheerleading Constitution and the 2021-2022 tryout information. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## 20212022 Summary of Constitution for Cheerleading

### Purpose

The objective of the LEE High School Cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for LEE and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for LEE.

### Squad Members

- Members will be chosen at a formal tryout session.
- The Varsity squad will consist of up to 20 participants who will cheer at all Varsity football games, competitions, and pep rally events.

### Practices and Games

- The squad will have practices each week. A tentative schedule will be given out at the beginning of each month. All practices are mandatory, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
- During football season, games are usually held on and Fridays for Varsity. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games.
- During basketball season, games are normally held on Tuesdays and Fridays and some weekends.

### Attendance Requirements

- **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD!** If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, hair appointments, etc. must not interfere with cheerleading.
- If you commit to cheerleading, you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused does not mean that the excusal will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian for this absence to be excused. Please notify the Coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please contact the coach of any excused absences. If the coach is unavailable, please leave a message.
- As stated in the Guidelines for Lee High School Athletes, students must be present half the school day to be eligible for practices and games scheduled for that day.
- If a student is absent, they will not be able to attend practices or games.
- If a student is assigned to detention or suspension, the student may not participate in any scheduled event for that time. In addition, the athlete will be benched, counseled and/or dismissed from the squad depending on the severity of the case. Students must still attend games and practices if benched, although they will not be allowed to participate.

### Grades

- A minimum of 2.0 GPA is required to try out for cheerleading. ALL Cheerleaders must maintain a 2.5 GPA Throughout the season.

- Any cheerleader who falls below a 2.5 GPA will be placed on academic probation for a quarter. If they do not pull their grades up they may be removed from the team.
- Because cheerleaders are students first and athletes second, weekly progress reports will be turned in so the Coach can monitor academic progress.
- If at any time you are failing a class, you will be required to attend tutoring, and failure to attend tutoring will result in benching.
- From the time the F is written on the progress report, you have two weeks to pull the F up before a more severe consequence is given.
- If a cheerleader gets a D in a class they will be benched for one week.

### **Tutoring**

- Cheerleaders are encouraged to attend tutoring on all off days.
- If the cheerleader must attend tutoring on a practice day, the cheerleader must inform the coach, bring a note to practice from the teacher, and must arrive no later than 4:40.

### **Uniforms**

- Uniforms are purchased as needed. New cheerleaders may purchase from an old cheerleader or purchase a new uniform from Varsity.
- Washing instructions will be provided when uniforms are distributed. At the end of basketball season, uniforms received from the coach will be returned to the coach.
- Damaged or lost uniforms will be replaced by the cheerleader and will result in a fine.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform.

### **Fund Raising**

- Every cheerleader will be expected to support all fundraising events which support the team.
- Turning in fundraising money after the due date will result in being benched.

### **Transportation**

- If a parent is going to pick up their cheerleader at an away game, the coach must speak to the parent at the game. If the coach is unaware of a change in transportation, a cheerleader may get left behind because the coach assumes the parent will be there and will not account for her on the bus ride back. The coach cannot go searching through the parking lot for parents. They must come and see the coach before you leave with them. If the parents do not speak to the coach, you are expected to ride the activity bus back to Lee.
- Your parent is the only one you are allowed to leave a game with, not friends. (Unless it is previously arranged)
- Cheering is not allowed on the bus. It distracts the driver, coaches, and other team members.

### **Expected Behavior**

- All Lee High School guidelines must be followed at all times.
- Consequences will be issued for misbehavior or poor conduct
- Promote a positive image for the school community-your peers, parents, teachers, and community members

- While representing LEE, cheerleaders must not:
  - ⊗ Drink alcoholic beverages
  - ⊗ Use controlled substances
  - ⊗ Use tobacco products
  - ⊗ Show unsportsmanlike conduct
  - ⊗ Use profanity
  - ⊗ Show displays of affection (PDA is NOT allowed while in uniform)
  - ⊗ Be academically dishonest

### **Social Media**

- LEE Cheerleaders are NOT allowed to post cheers, chants, dances on any social media site, as some cheers, dances, and chants are exclusive to LEE Cheerleading.
- Cheerleaders must not post provocative pictures of themselves or their teammates in their LEE uniform on Facebook, Instagram, Snap Chat, YouTube, etc. or pictures/videos of themselves, their teammates, or Coaches without permission.
- Cheerleaders must wear the designated uniform to school on the day of a game.
- Cheerleaders must not alter their uniform in any way.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a Coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the Coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders can not wear or loan LEE cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. **All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times.** Lack of respect will not be tolerated and can be grounds for dismissal.

*\*Being in correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair ribbon, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry or glitter. Your nails must be trimmed short.*

**Coaches reserve the right to make changes/additions to the rules as needed.**

In addition, if you have any questions or concerns, please respect the following chain of command: Coaches, Athletic Director, and School Principal.



## Grade Check

Please complete the following section. You will need your grades, classes, and teachers from first semester, as well as the signature of your guidance counselor to ensure that these are correct. The teachers named below will be asked to complete a teacher evaluation on the applicant that will be added to the tryout scores.

<b>Subject</b>	<b>1<sup>st</sup> nine weeks Grade</b>	<b>2<sup>nd</sup> nine weeks Grade</b>	<b>Current grade</b>	<b>Teacher</b>	<b>Teacher Signature</b>	<b>Comments</b>

Signature of Guidance Counselor or School Official to indicate that grades, teachers, and classes have been checked and are correct.

Candidate Grade: \_\_\_\_\_

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

Counselor/ School Official Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Disclaimer: Digital signatures are not accepted for this form. Please print, sign, and return this form to the school.

## Teacher Evaluation

Candidate:

Please have one teacher fill out this teacher evaluation. Bring this form, the parent permission and medical release form with you prior to the first practice. These forms must be completed for one core class (English, Science, Social studies, or Math) class on your schedule.

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

Grade: \_\_\_\_\_

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

Subject: \_\_\_\_\_

Please rank the candidate from 1 -5, 5 being the highest.

		Comments:
Dependability	1 2 3 4 5	
Leadership	1 2 3 4 5	
Attitude	1 2 3 4 5	
Cooperation	1 2 3 4 5	
Courtesy	1 2 3 4 5	
Character	1 2 3 4 5	

Teacher comments: \_\_\_\_\_

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Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Disclaimer: Digital signatures are not accepted for this form. Please print, sign, and return this form to the school.

## Size Sheet

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

Squad: \_\_\_\_\_

Circle One:

T-Shirt Size S M L XL XXL (indicate child size) \_\_\_\_\_

Tank - Top Size S M L XXL (indicate child size) \_\_\_\_\_

Short Size: S M L XXL (indicate child size) \_\_\_\_\_

Shoe Size: \_\_\_\_\_