

PERRY HIGH SCHOOL

POM AND CHEER TRYOUT PACKET

Dear Parent/Guardian:

We are excited that your daughter is interested in trying out for the PHS Pom & Cheer Squad. The purpose of the Perry High School Pom & Cheer Squad is to support school activities and programs with school spirit and pride. Athletes are positive role models to their fellow peers and are expected to be examples of school policy regarding attitude, attendance, academics, and sportsmanship. In addition, all squad members will learn the importance of commitment, teamwork, and responsibility.

Included are important documents to inform you about our program and to allow your daughter to tryout out next week. After the tryout process is completed and the final squads are selected, an additional meeting will be held to discuss final details pertaining to the program and the upcoming year.

Membership on the Perry High School Pom & Cheer Squad will require an extensive amount of time. Jobs, family obligations, and social activities may often need to be rescheduled to provide for the responsibilities and obligations connected to this organization. There will also be the unavoidable financial commitment that goes along with participating as an athlete on the team.

Please take time to read through the attached pages and discuss them with your daughter. If you grant permission for your child to participate in the tryouts, sign the attached forms and return them to a member of the coaching staff first thing on Monday at tryouts. **NO ONE WILL BE CLEARED TO PARTICIPATE IN TRYOUTS WITHOUT A COMPLETED CUSD ATHLETIC/PHYSICAL PACKET IN ADDITION TO THE ATTACHED SIGNED FORMS. A mandatory parent and cheerleader meeting will be held Monday, April 22nd at Perry High School in room C115 at 6:00pm for those selected for the Pom & Cheer Program. All selected athletes must be present as we will discuss program details and collect the Summer Camp payment of \$350.**

Again, we appreciate your family's interest and support and look forward to meeting you and your child.

Sincerely,

Michaela Granado - Head Pom Coach

Head Cheer Coach

Dan Serrano – Principal

Jennifer Burks - Athletic Director

PERRY POM AND CHEER

TRYOUT PROCESS/TRYOUT INFORMATION

- Seniors are eligible for Varsity Only.
- Freshman are eligible for higher squads.
- Members of Varsity Pom, Varsity Cheer, and JV Cheer squads will compete. Members of Freshman may be called up to compete with JV. Pom will have a separate competition team.
- Applicants must choose whether they are to try out for Pom or Cheer. They may not tryout for both.

Due Friday, April 12th:

Athletic Packets / Physicals to PHS Athletics Office

All eligible athletes must turn in a COMPLETE ATHLETIC PACKET / SPORTS PHYSICAL dated after March 1st and submitted to the PHS Athletic Office prior to tryout out. Cleared athletes will get a GOLD CLEARANCE CARD to bring to tryouts! **No card, no participation.**

Due Monday, April 15th:

- GOLD CLEARANCE CARD from PHS Athletics Office
- Cheer application w/ attached photo (will not be returned)
- Consent/Acknowledgement Agreement
- CUSD Eligibility Packet
- Pre-planned Vacation and Dual Participation Form

Applicants will be evaluated in several areas Monday through Friday. On each of those days, outside professionals may be brought in to judge alongside Perry Pom & Cheer coaches and score the girls on various abilities. Judges are aware of athletic ability that is needed to be a successful member and will be able to determine potential.

Pom Attire – All participants must wear dance attire clothing and bring tennis shoes and dance shoes each day. A plain white, properly fitted shirt is required. Lettering and symbols must not be visible. **Hair needs to be pulled back and secured. Absolutely no jewelry is allowed.**

Cheer Attire – All participants must wear athletic-style clothing and shoes each day. A plain white, properly fitted shirt and cheer/athletic shorts are required. Lettering and symbols must not be visible on either t-shirt or shorts. Cheerleading-related clothing may not be worn. **Hair needs to be pulled back and secured. Absolutely no jewelry is allowed.**

Tryout Help & Observation – Applicants may receive no outside of clinic help from any senior that is currently part of Perry Pom & Cheer. Tryouts will be closed to all observers, including parents. Videos are NOT allowed at any clinics. Coaches will not provide a copy of the music for tryouts.

Monday - Check Time starts 3:45

Tryouts 4:30 – 6:30

Requirements

Varsity Cheer

Fight Song

Dance

Cheer

Chants

Jumps – 3 Jumps

Tumbling

- Running (bh tuck or higher)

- Standing (tuck or higher)

Stunting

Fitness Test

Academic Eligibility/ Teacher

Recommendations

JV Cheer

Fight Song

Dance

Cheer

Chants

Jumps – 3 Jumps

Tumbling

- Running (bh series or higher)

- Standing (bh series or higher)

Stunting

Fitness Test

Academic Eligibility/ Teacher

Recommendations

Freshman Cheer

Fight Song

Dance

Cheer

Chants

Jumps – 3 Jumps

Tumbling

- Running (bh or higher)

- Standing (bh or higher)

Stunting

Fitness Test

Academic Eligibility/ Teacher

Recommendations

Varsity Pom

Fight Song

Dance (Jazz, Pom, & Hip Hop)

Chant

Jumps

Across the Floor

Fitness Test

Academic Eligibility/ Teacher Recommendations

*Coaches will do a material review at the end of each evaluation day, and then release the applicants. Friday, applicants are released when their tryout is completed.

Required Skills – 40% of Tryout Score

Fitness Test – 35% of Tryout Score

Teacher Recommendations – 25 % of Tryout Score

EXPENSES

Regular team fees are estimated around \$1200 annually. Additional fees will be associated with competition. This includes but not limited to registration fees, tumbling/dance technique, personal uniforms, and travel expenses. Fundraising opportunities will be readily available. An initial payment of \$350 for camp is due at the first meeting on Monday, April 22nd. Tax Credit Donation can be used to pay for camp. Parents interested in this must submit an online payment and print receipt for the April 22nd meeting. Any Tax Credit submission donated after April 22nd will go to other payments, not camp.

The expenses below are the responsibility of each individual member and must be paid in full by the first football game of the season. Failure to do so will result in loss of participation.

Payments can be made in via cashier's check or paid on line via Paypal.

This includes but not limited to:

Practice Uniform – Leotards, sports bras, compression shorts, Workout shirts, Cheer shoes, Jazz pants, Jazz shoes

Game Day Uniform – Shirts, hoodie, Jersey, Warm-ups, Bows, Team Bag, Water bottle

Misc. – Camp, Competition fees, Nationals*

*Only Varsity teams will be going to Nationals

END OF THE YEAR/SUMMER PRACTICES AND CAMPS:

All Squads

May - All Wednesdays (besides graduation) 6:00-8:00pm

June - Practices are Tuesday, Wednesday, and Thursday morning from 7:00-10:00.

UCA/UDA summer camps will be held at NAU in Flagstaff June 20th – 23rd. **CAMP dates are mandatory so please do not schedule family vacations during this time.** Coaches will work with families on the missed summer practice if the dates are submitted with the tryout paperwork. All Squads may have a mini-skills camp.

Commitments:

All Perry Pom & Cheer athletes are required to cheer at all home football and basketball games. Both Varsity Pom and Cheer will also travel to away football games. There will be other MSE's (Mandatory Spirit Events) such as assemblies, parades, fundraisers, competitions, and team events that will be worth points toward their cheer class grade.

In Season Practices:

All squads will have practice during the 1st hour of school. There may be additional practices called to prepare for big games, performance, and/or assemblies. Competition teams will have additional after school practices. Competition teams do practice during CUSD Breaks. Additional after school practices will most likely change each season as we try to coordinate gym space with other teams. Members of all squads will condition a minimum of two days a week. Conditioning may be after school. Pom is required to take dance technique classes. Cheer is required to take tumbling classes.

INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT

Perry High School

Cheer Tryout Participation Agreement

I, _____, parent/guardian of
_____, give our permission for
her to try out to be a member of the PHS Pom & Cheer Program.

We understand that our daughter is required to be in good physical condition and that the activities which she will be asked and expected to participate in, are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to, a variety of tumbling skills, including back handsprings, back flips, aerials and round-offs and that there be a variety of stunts requiring the coordination of more than one participant on the squad. We are aware that the dance choreography will include varied high level technique, skill, and flexibility. It has also been explained to us that pom and cheer activities have a high risk of injury and any of the routines involving the participation of my daughter could lead to serious injury.

We honestly state that, to the best of our knowledge and belief, our daughter has no physical, medical, or mental disability or other limitations that would restrict her ability TO FULLY PARTICIPATE in tryouts or pom and cheer squad activities.

By signing this agreement, we acknowledge that we fully understand the risk of serious physical injury involved with the athletic activity of cheerleading and accept responsibility for this decision by giving our consent for our daughter to participate in the Perry High School Pom & Cheer Program, including tryouts. We do not hold the coaches, Perry High School, or chaperones liable for loss or damage of personal property or injuries to our daughter.

In addition, if our daughter is chosen to be on the team, we understand and agree to honor the time and financial commitment required to participate in the PHS Pom & Cheer Program as outlined by the coaching staff.

Parent/Guardian Signature

Date

PRE-PLANNED VACATIONS AND DUAL PARTICIPATION FORM

Name: _____

Last

First

Middle

Provide any pre-planned vacations, events or travel that may conflict with practice, football/basketball season, and competition season. Coaches will work on a case by case basis with parents and athletes on such events.

| | | |
|----------------------|-----------------------|---------------------|
| May 2013 | June 2013 | July 2013 |
| August 2013 | September 2013 | October 2013 |
| November 2013 | December 2013 | January 2014 |
| February 2014 | March 2014 | April 2014 |

Summer Attendance

- Summer Camp is mandatory. Athletes who do not attend camp may be removed from the team.
- Summer practices: Any member with more than two (2) total absences may be dismissed from the squad.
- Academic year attendance is policy and outlined in the Pom & Cheer Constitution.

Dual Participation Request:

Athletes are encouraged to be involved in other school activities, but they must come second to the PHS Pom & Cheer Program. Athletes must alert coaches prior to tryouts if they plan to tryout/participate in a second sport or school activity that may conflict with pom or cheer. Campus coaches/sponsors will determine if dual participation is feasible.

List any PHS Teams or Activities you would like to tryout/participate for:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Perry Pom & Cheer Teacher Recommendation

Student Name: _____

Teacher Name: _____

Name of Class/School: _____

This student is trying out for Perry High School Pom & Cheer. Many factors are considered during this process. Cheerleaders are expected to demonstrate leadership, good character, responsibility, and pride in Perry. As this student's teacher, we know you observe this student on a daily basis and are well-informed of whether this candidate will make a good member of our squad.

Please circle the word listed after the characteristic that best describes the student.

- | | | | | | | | |
|----------------|-----------|---------|------|------------------|-----------|---------|------|
| 1. Work Ethic | Excellent | Average | Poor | 5. Work w/others | Excellent | Average | Poor |
| 2. Helpfulness | Excellent | Average | Poor | 6. Reliability | Excellent | Average | Poor |
| 3. Initiative | Excellent | Average | Poor | 7. Attendance | Excellent | Average | Poor |
| 4. Attitude | Excellent | Average | Poor | 8. Leadership | Excellent | Average | Poor |

I would recommend this student for Perry Pom or Cheer. (Circle One) Absolutely Hesitant
If hesitant, why? Please place any addition comments on the back of this form.

Off Campus: Please complete this form and seal it in an envelope. Students return to PHS front office.

On Campus: Please complete this form and return to front office in Mailbox oom by Friday, April 12th.

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