

# BTHS Cheerleading 2017-2018



# Team Make-up

▣ Varsity: 16-24 girls

16 (Medium) with 4 alternates

20 (Large) with 4 alternates

Tumbling Requirements: TT BHS, Standing Tuck,  
Running Tuck

▣ JV: 16-20 girls

Small JV 16 with 4 alternates

\*\* Just because you were on a team the previous season doesn't not guarantee you a spot the next year.

# CODE OF ETHICS

A cheerleader is a representative of Bartram Trail High School whose purpose is to **promote and uphold school spirit**, as well as to represent BTHS to the highest degree possible **in performance, in competition, and in daily life**. A cheerleader's behavior should exemplify **good moral character, trustworthiness, friendliness, and leadership**. She should be a positive role model for other students, and she should exhibit **responsibility, dependability, and integrity** for herself and others.

# KEY POINTS FROM THE CONSTITUTION

## Summer Practices, Camps, and Choreography

\*Conditioning with Coach Aston (Varsity and JV) Thursday @ BT 8AM-10AM.

\*Team Practice with Jessica Moltisanti at Zone  
Varsity and JV- Wednesday 3:30-5:30

\*\*UCA Camp-Varsity June 27-29(UCA Masters Camp-Invitation Only@UCF)

July 22-25 (University of Central Florida) More information to come.

**\*Stunt/Skill Camp - TBD (at Zone in JULY...REQUIRED!)**

\*Each cheerleader should condition and practice chants on her own ALL SUMMER!

## Regular Season Practices are Mandatory

Junior Varsity- Monday 4:30-6:30 and Wednesday 4:30-6:30 @ Zone; Tuesday 4-5:30 @ BTHS

Varsity- Monday 8:00-9:00 AM; Tuesday 4:30-6:30, Wednesday 3:30-4:30 and Thursday 4:30-6:30 @ Zone

\*This starts in August.

- We will make every effort to establish a practice time and stick to it; however, if the gym must be used for an athletic contest, our day or location may change.

**NEW: Tardiness or unexcused absences from practices will result in demerits.**

**For each absence, you will be required to fill out an Absentee Form beforehand or if you are sick afterward with attached doctors note.**

**5 absences from practice will result in removal from routine. Excessive demerits could result in removal from the squad or in not being permitted to participate in a pep rally or game.**

Commitment is  
Vital!

Be there and be  
on time.

# Money...That Touchy Subject



- ☐ (This is only an estimate, as gym fees and competition costs have not been determined.)
- ☐
- ☐ Game/Stunt Camp approx. 375.00
- ☐ (UCA Game Ready and Stunt Camp June 27-29 or July 22-25, 2017)
- ☐
- ☐ Competition Choreography Camp (estimate only) 250.00
- ☐ (Date to be determined by the availability of our choreographer)
- ☐
- ☐ Camp Wear/ Spirit Wear 150.00
- ☐ (This includes four days of camp wear, most of which will also be worn as practice wear throughout the season.)
- ☐
- ☐ BTHS Game Ready Apparel 350.00
- ☐ (This cost will vary depending upon what was purchased in previous years, but includes bloomers, cheer bag, warm-ups, body-liners, and cheer shoes.)
- ☐
- ☐ Uniform 275.00
- ☐ (You will purchase one uniform. It will be worn at games and at competitions. If you purchased a uniform last year, you will not incur this cost.)
- ☐
- ☐ One time Gym Registration Fee (Due June) \$30.00
- ☐ Monthly Gym Fees (beginning in August) \$65.00 V 55\$ JV
- ☐ Summer June-July (JV and Varsity) \$30.00
- ☐ (This does not include any optional private lessons your daughter may need in order to improve her tumbling.)
- ☐
- ☐ Competition Fees \$TBD
- ☐ (Costs will depend on entry fees as well as transportation and hotel expenses. After the squad is chosen, a parent meeting will be held to discuss competitions. In the past, these costs have been as low as \$150.00 and as high as \$800.00. It could be much less if we, as a squad, decide to limit the number of competitions we attend).
- ☐
- ☐ Plan on UCA Nationals \$300-600 a girl (we will fundraise)
- ☐
- ☐ **CHEERLEADING IS EXPENSIVE, BUT MEMORIES ARE PRICELESS!**



Optional' Workouts/Conditioning at Zone All-Stars Started March 22nd  
Wednesdays 3:30-5:30

Contact ZONE for information.

Tryouts:

**Monday**, May 8<sup>th</sup> – Tryout Cheer and Dance Video Available

**Friday**, May 12<sup>th</sup>– Tryout Clinic 4-6PM @ BTHS

**Monday**, May 15<sup>th</sup>– Tryout @ BTHS 4 PM -whenever we are done.



**“Nothing is impossible; the word itself says, ‘I’m possible!’”**

~Audrey Hepburn

# HOW WILL I BE JUDGED AT TRYOUTS?

- TEACHER RECOMMENDATIONS
- GPA (WEIGHTED)
- JUMPS (TOE TOUCH, PIKE, AND HURDLER)
- MOTION TECHNIQUE
- SPIRIT
- DANCE RHYTHM
- TIMING WITH YOUR GROUP (Dance ONLY)
- INDIVIDUAL CHEER
- CHANT (learned just prior to tryouts- ability to learn quickly is being judged here)
- STANDING TUMBLING (HARD MAT)
- RUNNING TUMBLING PASS (HARD MAT)
- GENERAL CHEER PRESENCE...(SMILE, NATURAL ABILITY TO LEAD THE CROWD, VOICE)

REMEMBER...WHAT YOU THROW AT TRYOUTS, YOU MUST CONSISTENTLY THROW DURING THE SEASON OR YOU MAY NOT COMPETE!



\*\*\*\*\*Note: Like a football coach who only needs a certain number of quarterbacks, a cheerleading coach only needs a certain number of flyers, bases, and back spots. Besides skill, squad placement will be dependent upon what position you are capable of filling on the squad and squad need.

# YOU WILL NEED THE FOLLOWING...

## PRIOR TO TRYOUTS

- ▣ Pre-participation Athletic Health Physical (Download this form from the BTHS website.)
- ▣ Parental Consent Form (downloadable from the Web)
- ▣ A copy of your most recent report card.
- ▣ Teacher Recommendations on File
- ▣ Your Signed Cheerleading Constitution
- ▣ Proof of Residency (If you do not currently attend BTHS or one of its feeder schools.)

## DURING THE WEEK OF TRYOUTS

- ▣ Reliable transportation to and from BTHS for the clinics and tryout
- ▣ Clinic Apparel
  - Sneakers or cheer shoes
  - Cheer shorts and a T-shirt
  - Hair pulled back in a tight, high ponytail.
- ▣ Tryout Apparel
  - Sneakers or cheer shoes
  - Hair in a tight, high ponytail with a plain blue, black, or white ribbon
  - blue or black cheer shorts
  - a plain white T-shirt