



## 2019-2020 Tryout Packet

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Dear Cheer Candidate,

Thank you for your interest in the Crowd Cheer Program at Lincoln High School. We welcome all student athletes to be a part of our program. The 2019-2020 cheer squads will consist of three squads: JV Squad (Freshman/Sophomores<sup>1</sup>); Varsity Squad (Juniors/Seniors) and the Freshman Squad – of which that team will cheer only on Thursday night home *Freshman* games for football and *all home* games for basketball. (Freshman squad size to be determined by number of candidates trying out for cheer).

We appreciate your interest in our program and trust that the enclosed information will assist in answering your questions. **Grades will be checked for ALL candidates. Quarter grades will be checked to determine eligibility. All INELIGIBLE participants will be notified through an email no later than April 24<sup>th</sup>.** Please complete the following forms and return to Lincoln High School by **April 15<sup>th</sup>** – **NO LATE PAPERS WILL BE ACCEPTED** after this date. You may leave the completed packets in the cheer box with Ms. Charlene Emerson in the Lincoln High School main office.

- ✓ **Completed Registration Form**
- ✓ **Signed and initialed commitment form**

Thanks for your interest in the LHS Cheer Squads. If you have any questions, please email the coaches at [LHSCheer95648@gmail.com](mailto:LHSCheer95648@gmail.com).

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<sup>1</sup> A recent change to the CIF guidelines now allows for a JUNIOR to be placed on a JUNIOR VARSITY team. LHS Cheer reserves the right to implement this rule at any time at their discretion. All discussions of a JUNIOR being placed on the JV team will be made between coaches and potential team member.

## **LHS Cheer Squad Guidelines**

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As a program in the athletic department, the squad adheres to the role and mission of Lincoln High School Athletics. Cheerleading is an athletic sport. Like many sports, it takes strength, endurance, discipline and dedication. In addition to these skills, athletes who are a part of the LHS Cheer squad will develop many life skills such as balance, goal setting, leadership, self-motivation and self-confidence. LHS Cheer's first responsibility is to support the student's academic career. Members are students first and athletes second. We recognize and support obligations to the school as well as the team. All participants are challenged and encouraged to reach their full potential both as accomplished athletes and productive members of their school and community. It is the purpose of the LHS Cheer squad to promote and uphold school spirit, to develop good sportsmanship by example, and to encourage positive, enthusiastic support for all aspects of the school experience throughout the entire student body, parents and community.

### **Cheer Squad Expectations**

- Adhere to all policies and procedures, citizenship, and moral character requirements
- Attend **all** scheduled practices and assigned conditioning and attend all home/away (JV/V) and post-season football games, and all home/postseason basketball games (any other assigned games as well)
- Must attend scheduled squad meetings and squad functions (camp, squad gatherings, team bonding, school and community appearances etc.)
- Cheerleading must take priority over all other extra-curricular activities for the entire time of commitment.
- All members must understand that the manner in which they conduct themselves, in and out of uniform directly reflects on the ENTIRE team.
- Attendance at UCA Cheer Camp – Mandatory for all squad members to attend 4- day camp [CAMP DATES: July 12-July 15] Must attend all scheduled practices in preparation for cheer camp. [\*Amount of participation is up to coaches' discretion dependent on prior arrangements regarding a conflict\*\*]

## CHEER SQUAD TRYOUT COMPONENTS

All candidates will be required to stunt, learn a cheer, the fight song and perform current tumbling skills. All candidates will be screened by qualified cheer judges and current cheer coaches. Sample tryout score sheet attached, squad will be determined by scoring break, at the discretion of the coaches.

**LHS CHEER TRYOUTS – April 30, 2019 through May 4, 2019**  
**Final Tryout Day = Saturday, May 4, 2019**

**Tuesday, April 30th**      **Day 1 @ LHS R. A. Lee Gym (Old Gym)**

5:30pm-6pm      Registration, Open Warmup/Stretching  
6 pm-7:30pm      Stunt practice  
7:30pm-8pm      Questions/Dismissal

**Wednesday, May 1<sup>st</sup>**      **Day 2 @ LHS R. A. Lee Gym (Old Gym)**

5:30pm-6pm      Check in/Warmup  
6pm-7pm      Stunt Review  
7pm-7:30pm      Fight Song taught/Jump technique (*Old Gym*)  
7:30pm-8pm      Questions/Dismissal

**Thursday, May 2<sup>nd</sup>**      **Day 3 @ LHS R. A. Lee Gym (Old Gym)**

5:30pm-6pm      Check in/Warmup  
6pm-6:30pm      Stunt review/practice  
6:30pm-7pm      Fight Song review  
7pm-7:30pm      Sideline Cheer taught  
7:30pm-8pm      Questions/Dismissal

**Friday, May 3<sup>th</sup>**      **Day 4 @ LHS R. A. Lee Gym (Old Gym)**

5:30pm-6pm      Check in/Warmup  
6pm-7pm      Final Stunt Tryout  
7pm-7:30pm      Fight Song/Cheer review  
7:30pm-8pm      Questions/Dismissal

**Saturday, May 4<sup>th</sup>**      **Final Day @ LHS R. A. Lee Gym (Old Gym)**

***\*\*\*Please wear a white shirt (plain) & black shorts, tennis shoes, hair back with bow\*\*\****

9:00 am-10:00am      Review Fight song and Sideline Cheer  
10:00 am-Tryouts begin      Tryout by Team- Varsity & then JV

**YOU WILL BE NOTIFIED VIA EMAIL IF YOU HAVE MADE THE 2019-2020 LHS CHEER SQUADS**  
**NO LATER THAN MAY 6<sup>th</sup> PENDING APPROVAL BY ADMIN**

## LHS Cheer Score Sheet – *SAMPLE ONLY*

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**Judge's Signature:** \_\_\_\_\_

**Squad:** \_\_\_\_\_ **Candidate:** \_\_\_\_\_

<u>Category</u>	<u>Possible Points</u>	<u>Points</u>
<b>Tumbling -Running</b> (BH 5) (Double BH10) (Tuck 10)	<b>10</b>	_____
<b>Tumbling-Standing</b> (BH 3) (Double BH 4) (Tuck 5) (Layout/Full 5)	<b>5</b>	_____
<b>Jumps</b> Pointed Toes, proper technique	<b>10</b>	_____
<b>Showmanship/Spirit</b> Voice, facial expression, confidence	<b>25</b>	_____
<b>Motion Technique</b> Proper Arm levels, sharp motions, closed/straight fists	<b>20</b>	_____
<b>Fight Song Technique</b> Sharp motions, keeps beat, has rhythm	<b>15</b>	_____
<b>Stunt Technique</b> (Beginning 5) (Intermediate10) (Advance 15) (lowest score dropped out of four judging days)	<b>15</b>	_____
<b>Total Points Possible</b>	<b><u>100</u></b>	<b>Candidate Total</b> _____

## LHS Cheer Commitment Form

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\_\_\_\_\_ The cost of uniform, practice clothes, warm-ups, UCA camp, and accessories is estimated at \$1325 per new squad member and \$1000 for returning member. Additional costs include LHS Booster club membership, Tumbling (12wk session with team), ASB fee, & transportation fee are estimated at \$260. LHS does NOT fund the cheer squads' apparel or travel. As a result, the program is not only a time commitment but a financial commitment as well.

**\*\* First payment installment is TO BE DETERMINED – information following uniform payment schedule will be addressed at the parent meeting post tryouts and will discuss all payments in greater detail\*\* As a general rule, LHS Cheer payments are cash or money orders only -No checks or credit cards**

\_\_\_\_\_ There will be no refunds for uniforms if squad member decides to quit or is removed from the squad due to disciplinary/ academic reasons.

\_\_\_\_\_ Practices, games, and squad functions are mandatory. There are no exceptions to this rule. Should a squad member miss more than five practices, games, or assigned functions at any point in the year, *squad member will be removed from squad.*

\_\_\_\_\_ LHS Cheer is first priority cheer commitment. Participation on outside dance teams, or all-star cheer/other sports teams is strongly discouraged. Work schedules must be around all practice, games, and appearances.

\_\_\_\_\_ Squad members will be treated as student athletes. It is the athlete's choice to participate and the team will follow all guidelines and grade policies in the student athlete handbook.

\_\_\_\_\_ Decision to participate as a LHS cheerleader is a full year commitment. If squad member chooses to leave the squad at any time, or does not make grades at any point, it *will result* in not being able to participate the next year season unless there are extenuating circumstances. Should a Varsity member quit after football season, they *will not* letter for the year in cheer.

\_\_\_\_\_ Squad members are required to maintain a 2.0 Cumulative GPA per semester and no more than one F per semester. If a squad member's GPA is between 2.0 and a 2.49 during a semester they will not be eligible to perform during games or performances but are still eligible to remain on the team. If you are not eligible to perform due to a not reaching the required 2.5 GPA, there is a waiting period of 2 weeks before you are able to perform with your team again. Unfortunately, it is very difficult to rearrange performances due to ineligibility, therefore there is a waiting period before you return to as a consequence to falling below the standard.

*I have read the LHS Cheer Squad Commitments form. By signing this I understand that I will be held accountable under the rules and commitments set above through the 2019-2020 season.*

Cheer Candidate's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Legal Guardian's signature \_\_\_\_\_ Date: \_\_\_\_\_

Candidate Number

# LHS Crowd Cheer Tryout Registration Form

## Personal Information

Cheer Candidate Name: \_\_\_\_\_

Current Grade: \_\_\_\_\_ Current School: \_\_\_\_\_

Cell: \_\_\_\_\_ Candidate email: \_\_\_\_\_

Parents Names: 1) \_\_\_\_\_ 2) \_\_\_\_\_

Parent 1 Cell Phone: \_\_\_\_\_ Parent 2 Cell Phone: \_\_\_\_\_

Parent 1 Email : \_\_\_\_\_ Parent 2 Email \_\_\_\_\_

BEST EMAIL FOR SQUAD ANNOUNCEMENT: \_\_\_\_\_

\*ATTENTION JUNIORS – are you interested in being put on JV if skill level not met? YES NO

## Experience Information

Where did you cheer last? \_\_\_\_\_ How long? \_\_\_\_\_

Medical Conditions to be aware of: \_\_\_\_\_

Tumbling skills \*currently have (please circle all that apply to candidate):

Standing back handspring	Standing double back handspring	
Round off back handspring	Round off double back handspring	Full
Standing back tuck	Round off back tuck	Layout

Stunting skills (please circle):

Stunting position:      BASE              BACKSPOT              TOP

We understand that personal insurance must cover our son/daughter. We give permission for our child to receive medical attention in the event that we cannot be present or reached for any reason.

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Candidate's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's signature \_\_\_\_\_ Date: \_\_\_\_\_

**INTERESTED IN COMPETITION TEAM ?**

**YES NO**

**\*\*CIRCLE ONE\*\* [more info on this to follow – circle if interested]**

**PARENT INITIALS** \_\_\_\_\_