



2018-2019 Tryout Packet

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 2018-2019 cheer squads will consist of two squads: one JV squad (Freshman/Sophomore) and one Varsity squad (Junior/Seniors). The only addition may be a Freshman squad – of which that cheer squad will only cheer on Thursday night Freshman games for football and *all home* games for basketball. (Freshman squad to be determined by number of candidates trying out for cheer). *More information to follow*

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 18, 2018.** Please complete the following forms and return to Lincoln High School by **April 15th, 2018** – 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 Squad. If you have any questions, please contact Marina Setzer at: (916) 289-9513 or via email at marina.setzer@yahoo.com

LHS Cheer Squad Policy Statement & Expectations

Lincoln High School's Athletic Department supports and directs the cheer squad. 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 home 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 31-Aug 3] Must attend all scheduled practices in preparation for cheer camp [***NOTE*** Attendance required at all practices scheduled the week before departure for cheer camp. No attendance = no participation in competing/stunting at cheer camp – No exceptions]

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 -- MAY 1, 2018 through MAY 5, 2018
Final Tryout Day = Saturday, May 5, 2018

<u><i>Tuesday, May 1st</i></u>	<u><i>Day 1 @ LHS R. A. Lee Gym (Old Gym)</i></u>
5:30pm-6pm	Registration, Open Warmup/Stretching
6 pm-7:30pm	Stunt practice
7:30pm- 8pm	Questions/Dismissal
<u><i>Wednesday, May 2nd</i></u>	<u><i>Day 2 @ LHS R. A. Lee Gym(Old Gym)</i></u>
5:30pm-6pm	Check in/Warmup
6pm-7pm	Stunt Review
7pm-7:30pm	Fight Song taught/Jump technique (<i>Old Gym</i>)
7:30pm-8pm	Questions/Dismissal
<u><i>Thursday, May 3rd</i></u>	<u><i>Day 3 @ LHS R. A. Lee Gym(Old Gym)</i></u>
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
<u><i>Friday, May 4th</i></u>	<u><i>Day 4 @ LHS R. A. Lee Gym(Old Gym)</i></u>
5:30pm-6pm	Check in/Warmup
6pm-7pm	Final Stunt Tryout
7pm-7:30pm	Fight Song/Cheer review
7:30pm-8pm	Questions/Dismissal
<u><i>Saturday, May 5th</i></u>	<u><i>Final Day @ LHS R. A. Lee Gym(Old Gym)</i></u>

*****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 Tryouts begin Tryout by Team- Varsity & then JV

YOU WILL BE NOTIFIED VIA EMAIL IF YOU HAVE MADE THE 2018-19 LHS CHEER SQUADS

LHS Cheer Score Sheet – sample only

Judge's Signature: _____

Squad: _____ **Candidate:** _____

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

LHS Cheer Commitment Form

_____ 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 squad's 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 2018-2019 season.

Cheer Candidate's signature: _____ Date: _____

Legal Guardian's signature _____ Date: _____

LHS Crowd Cheer Tryout Registration Form

Candidate Number

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: _____

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
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: _____