Evergreen Park High School

Cheerleading 2014-2015

The Evergreen Park Cheerleading Program is committed to promoting spirit and displaying a positive attitude though the support of school athletics and events, in addition to the competitive nature of the sport.

**Tryouts:**

At tryouts athletes will learn a cheer and dance during a 3 day clinic. On the final day of tryouts athletes will be assigned to groups of 3 to perform the dance and cheer learned at clinic, standing tumbling, running tumbling, and 3 jumps in front of a panel of judges.

* Dates and Times:

Clinic Dates:

* Tuesday. April 22nd  6p-8p
* Thursday April 24th 6p-8p
* Friday     April 25th  6p-8p

Final Tryout:

* Saturday      April 26th 8a-1p
* Clinic Attire:
* T-shirt and shorts
* Athletic shoes
* NO JEWELRY and NO GLITTER
* Hair neatly pulled back into a ponytail.
* Hair bow
* Final Tryout Attire:
* Plain white t-shirt and black/navy shorts.
* Athletic shoes
* NO JEWELRY and NO GLITTER
* Hair neatly pulled back into a ponytail.
* Hair bow
* The tumbling requirements for tryouts are listed below by team. An individual having the below specified skill does not guarantee a position on any team.
* **JV:** Minimum tumbling skills of a round-off and a forward roll are required to make the 2014-2015 JV team, however a front/back walk-over is strongly recommended.
* **Varsity** Minimum tumbling skills of a round-off, flip flop and standing flip flop are required to make the 2014-2015 Varsity team.
* All paperwork must be filled out before the final tryout: physical (non-freshman only), emergency contact sheet, parent consent form and athlete information form.
* Score sheet on which skills will be judged (see attached).
* Tryouts will be based out of 100 points.

**Parent Meeting:**

A Parent Meeting will be held on Tuesday April 29th at 7pm

* Parents will formally meet with the Coaches and Athletic Director to go over program expectations and commitment to the program.
* **$100 Camp Deposit is due at this time.**

**Summer:**

Practice will begin the week of June 16th and will be held 2 days a week. A calendar of summer practices will be passed out at the parent meeting following tryouts. Please schedule vacations/day trips as best of your ability outside practice time. Summer is a critical time to better skills necessary for the year.

**Practice:**

Practice will be held between 3 and 5 days a week during the 2014-2015 season. A schedule will be given to each athlete with the time and location of each practice.

* All practices are mandatory. Any doctor appointments, social events, etc. should be scheduled around practice time. Athletes are not allowed to leave practice early for work or any other non-school related activities.
* Illness is the only excused absence. If an athlete is going to miss a practice due to illness, their coach needs to be notified via email or phone.
* If the athlete would like to request an absence for anything else besides and illness, the request needs to be submitted to their coach, by a parent/guardian, via email or handwritten note 48 hours prior to the day of practice that is going to be missed. All absences are subject to the coach’s digression to be deemed excused or unexcused.
* The school has provided Athletic Lockers for the Cheerleaders. Everyone is to use this locker while at practice and during games.
* All personal belongings must be locked up.
* EPCHS and all employed by EPCHS are not responsible for lost or stolen items. Athletes choosing to no lock up belongings are doing so at their own risk.
* Athletes must be “practice ready” by the predetermined practice time. This includes the following:
* Practice Attire (as designated on your calendar)
* T-shirt
* Shorts
* Cheerleading shoes
* No jewelry
* Hair in a neat ponytail: all hair out of face
* Nails clipped short, **no acrylic**
* No gum
* **Cell phones, purses, and other personal items must be kept out of practice.**
* Detentions, study groups and touring sessions are to be scheduled out of practice time either before school, at lunch or on a day off of practices.
* Cheer mats rolled out with strips.

**Tumbling:**

* Team Tumbling/Private Lessons are not required, but are **strongly** recommended for the JV team.

**Community Service:**

All team members are required to participate in a minimum of one community service event. Events will be notified on calendar and specific information will be given to athletes prior to the event. We typically do one community service activity per month.

**Games/Performances/Competitions:**

* **All performances are mandatory. Absence from games will result in “alternate status”, during the competitive season.**
* All athletes must travel with the team to and from the event. If an athlete would like to leave home with a parent, it needs to be approved by a coach 48 hours prior to the event and is to the coach’s digression.
* A form needs to be filled out and left on file with the coaching staff/ athletic department.
* An athlete is only allowed to leave from 2 events with a parent throughout the duration of the season (fall and winter).
* If an athlete has an unexcused absent at the practice prior to a performance, the athlete will not be allowed to perform. This includes competitions.
* Cheerleaders will perform at all football games (home and away) and all boys basketball games (home and away).
* Athletes must have their **Cheer Bag** with them at **ALL** performances. Bag must always include the following items in addition to any personal items needed:
* All uniforms
* Warm ups
* Briefs
* Shoes
* All hair bows
* No UGGS or slippers are to be worn while in uniform or warm-ups-GAME SHOES ONLY!
* **Athletes will arrive to all performances in uniform or warm-ups wearing game shoes only.**
* No PDA while in uniform.
* While cheerleaders are not performing (ie: away games) we are to sit as a team.
* While cheerleaders are not performing they are to be wearing mustang colors and/or apparel.
* All clothing must be plain and in EPCHS colors. We are attending events to represent the school; we need to be wearing school colors. Each individual will have a set of warm ups, and are to be in each individual’s bag at all times, therefore no one will be excused for wearing the wrong apparel. If an athlete fails to comply, consequences are at the coach’s digression.
* Varsity athletes will be required to wear make-up to all games, performances, competition, etc. Varsity will all purchase the same make-up and be required to wear false eyelashes for competition.

**Financial Obligations:**

* Athletes are required to purchase the items listed below:
* UA Summer Camp Varsity $325
* UA Summer Camp JV $185
* CheerGyms Camp Varsity $175
* Practice/Camp Clothes $60
* Competition Hair Bow $15
* Lewis University Camp $15
* Backpack $75
* Sweatshirt (optional) $50
* Silver Headband Varsity $5

Varsity Total: $590 Mid-Season Varsity Total: $155 (without sweatshirt)

JV Total: $200 Mid-Season JV Total: $150 (without sweatshirt)

* Practice/Camp shorts are to be purchased individually by each athlete: forest green, black, and heather gray cotton shorts and black spandex shorts. No logos, stripes, etc. should be apparent on the shorts.
* Game and Competition shoes are to be purchased individually by each athlete: Chasse-Ace
* Briefs are to be purchased individually by each athlete: **black**-boy cut, no logos are to be visible.
* Additional costs are subject to arise throughout the season.
* Cheerleaders returning to the program are NOT required to purchase the following items: Warm-Ups, Cheer Bag, Briefs, Practice Shorts, Briefs, and Game Shoes (if using last year’s Chasse-Rocket)
* There will be a website for athletes to purchase additional apparel if desired. All apparel has been approved and will be optional for athletes to purchase.

**Fundraisers:**

Fundraising opportunities will be given throughout the season. **Team fundraisers are mandatory.**  Proceeds for team fundraising will go to both levels and will be allocated evenly.

**Additional Rules/Requirements:**

* All athletes must meet Evergreen Park Community High School academic requirement, code of conduct, and student handbook.
* All athletes must abide by IHSA rules and regulations.
* All athletes must abide by Illinois state laws.
* No jewelry or glitter is to be worn at any time.
* No gum is allowed during practice or at performances.
* Hair must be a natural color.
* Athletes are responsible for all equipment that belongs to EPCHS. If any equipment is lost or not turned in at the end of the season, the athlete will be responsible for replacing the equipment.
* Any social network profiles or information on social networks (ie: Facebook, Twitter, etc.) must represent the athlete and EPCHS Cheerleading in an appropriate manner.
* If there is a violation of any of these terms and conditions, consequences are as follows:
* Attendance:
* Tardiness:
* First offence: Warning
* Second offence: Extra conditioning and/or benched for a game or performance.
* Third offence: Meeting with parents and grounds for dismissal from the team.
* Unexcused absences

These absences are not to be used as “Mental Health Days” or any other reason to miss practice. It is not a good thing if you are using an unexcused absence.

* *Miss Practice Unexcused:* Minimally not starting at next game or competition.
* *Miss Practice Excused:*No consequence (Illness, family emergencies, special circumstances approved from school).
* *Miss Game Unexcused:* Sit out next game or competition.
* *Miss Game Excused:*No consequence (Illness, family emergencies, special circumstances approved from school
* Jewelry: Additional conditioning. Per coach’s digression, it can be for the individual or the entire team.

Evergreen Park Cheer

Athlete Information

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

Grade for 2013-2014 school year: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Evergreen Park, IL 60805

Home Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shirt Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Short Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shoe Size: \_\_\_\_\_\_\_\_\_\_\_\_

Any medical conditions that we should be made aware of? Yes No

Explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you tumble (circle one): Yes No

If yes, what is CURRENTLY your most advanced skill: standing and running (see tumbling rubric):

Standing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Running: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which stunting positions are you able to execute efficiently and safely (circle all that apply):

Flyer Main Base Secondary Base Back Spot Front Spot Unsure

Would you accept a position on the JV Squad (circle one): yes no

Would you accept a position on the Varsity Squad (circle one): yes no

Evergreen Park Cheerleading Program

Consent Form

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read through the Evergreen Park Cheerleading rules and requirements. I commit to being a member of the team for the entirety of the season: summer practices, Football Season, Cheerleading Competition Season and Basketball Season. I acknowledge that there are financial requirements involved with the program. Fundraising may help reduce the costs associated with being an EPCHS Cheerleader, but will not cover all costs in full.

I agree to abide by all IHSA Rules and Regulations, the EPCHS code of conduct, EPCHS Cheerleading Manual and all Illinois State Laws. If I am in violation of these requirements, I understand that I am subject to suspension or dismissal of the program. I agree to the terms and conditions of the program and all that they entail. I understand that by signing this consent form I will coincide with any consequences that my Coaches and/or the Evergreen Park Athletic Director decide upon, if I am in any violation of these rules and requirements.

Athlete Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_

**Parent/Guardian Information:**

Name(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evergreen Park, IL 60805

Home Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**All paperwork must be filled out before the final tryout in order or any athlete to tryout. No exceptions will be made for any persons. Forms include: parent/athlete consent form, athlete information form, a green card (obtained in Athletics). Please feel free to contact Coach Griffith at rgriffith@evergreenpark.org with any questions.**

Evergreen Park Cheerleading

Score Sheet 2013-2014

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Athlete Tryout #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Judge’s Initials:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Tryout Category: Score: Comments:**

Appearance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Standing Tumbling: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Running Tumbling: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Jump to Tumbling Skill: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Jumps: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Voice: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Motion Technique: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Rhythm/Synchronization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Spirit/Showmanship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

Overall Effectiveness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/10

 Total: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/100

Evergreen Park Cheerleading Tryout

Tumbling Rubric

**Standing Tumbling:**

1 Forward Roll

2 Front/Back Walk-Over

3 Flip Flop (poor execution)

4 Flip Flop

5 Series of Flip Flops (poor execution)

6 Series of Flip Flops

7 Series of Flip Flops to Back-tuck

8 Back-tuck

9 Series of Flip Flops to Layout

10 Other

**Running Tumbling:**

Points Skill

1 Round Off

2 Front/Back Walk-over connected pass

3 Round Off, Flip Flop

4 Round Off, Flip Flop series

5 Round Off, Back-tuck

6 Round Off, Flip Flop, Back-tuck

7 Round Off, Flip Flop series, Back-tuck

8 Round Off, Flip Flop, Layout

9 Round Off, Flip Flop, Full

10 Other