



Waukesha South Cheerleading 2015– 2016 Tryout packet

Please fill out paperwork & return before May 26th

Please turn into the Athletic office

Must have in order to participate:

***Cheerleading Application*

***Teacher Recommendation*

***Tumbling Agreement*

***Alternate Agreement*

If you have any questions, please contact:
Coach Sara at Waukeshasouthcheer@gmail.com
Waukeshasouthcheer.yolasite.com

WSHS Cheerleading Tryouts Information Sheet

Date & Times

Practices: May 26 & May 27 5-7pm (South H.S. Fieldhouse)

Tryout: May 28 5-7:30pm (South H.S. Weight Room)

What to expect

On the **first day** of practice, candidates will be introduced to the basic motions and jumps of cheerleading. This may be some candidate's first experience with cheerleading and that is okay. Also candidates will learn a four to six 8-count dance, a floor cheer including a jump, and basic stunting.

On the **second day** of practice, candidates will practice jumps, cheer, and first 8-counts of the dance in a whole group. The second half of the practice will be split between stunting and creating/perfecting your own two 8-count to the end of the dance with a partner. Again, this may be your first experience with choreography, but that is okay.

On the **final day**, candidates will perform material for the coaches and selected judges. Candidates will be asked to demonstrate their stunting ability in a group of their choice. Then candidates will be performing their tumbling, jumps, floor cheer, and dance in pairs.

***Candidates are required to attend both days of practices in order to be eligible to tryout.

Tryout Attire

Practice: Candidates are required to be dressed in athletic clothing; shorts, t-shirts, sports bra, and cheer/athletic shoes. Hair should be pulled back and jewelry is not allowed for safety purposes. Tryout clothing should not bear the name or logo of any specific cheerleading program, club or association.

Tryout: Candidates are required to wear a plain white shirt, athletic shorts, & athletic shoes.

Tryout Results

The results will be posted Saturday evening online at waukeshasouthcheer.yolasite.com and Waukesha South Cheerleading Facebook page.

Post Tryout Meeting

All selected candidates are expected to attend a mandatory cheerleader/parent meeting on June 1st at 6pm in the Cafeteria at Waukesha South High School.

WSHS Cheerleading Tryout Skills

Tumbling (show most difficult, without and with a spotter)

***See tumbling agreement

Cartwheel

Round-off

Standing Handspring

Running Tumbling

Jumps

Toe Touch

Double Toe Touch

Triple Toe Touch

Pike

Cheer

1 Floor Cheer

Dance

1 four to six 8-count dance

2 8-count dance (created in partners)

Stunting

Thigh Stand

Half

Extension

Cradle

Single Leg Stunts (i.e. lib, heel stretch, arabesque, etc.) – upon coach's approval

You will also be judged on your;

**Motion Technique (cheer & dance)

**Team Skills (proper attitude, confidence, problem solving, etc.)

**Spirit (voices & facials)

WSHS Cheerleading General Information

Candidates must have WIAA Physical Card by July 1st in order to continue to participate!

Schedule for Summer:

Varsity

June: 3 practices (Tuesday's 4-7pm)

July: 4 practices (Tuesday's 4-7pm), 4th of July Parade, 1 Power Camp

August: 8 practices (Tuesday's 4-7pm) and Thursday's TBD and Summer Camp

JV

June: 3 practices (Tuesday's 4-7pm)

July: 4 practices (Tuesday's 4-7pm), 4th of July Parade

August: at least 4 practices (Tuesday's 4-7pm) and 1 Power Camp

Schedule for Fall: (September & October)

Varsity & JV - Practice: 2/3 days per week Games: Friday (Varsity) and Thursday (JV)
1 Power Camp for JV and 1 for Varsity

Schedule for Winter: (November, December, January, February):

Varsity Practice: 2-3 days per week Game: Varies
Approximately 5 competitions (Varsity)

JV Practice: 1-2 days per week Game: Varies
Approximately 2 competitions (JV)

Summer Expenses

- Cheer Shoes - \$50***
- Summer Clothing/Camp Clothing- \$40
- Cheer Camp - \$200 (required for Varsity squad)
- Power Camps- \$15

Fall/Winter Expenses

- Body liner - \$14***
- Boy cut briefs - \$8***
- Warm-ups- \$65-80***
- Competition Fees
 - JV- \$50
 - Varsity- \$125

***Please note that some items will not have to be purchase every year. Please make payments in cash before or on due date.

Fundraisers

Mandatory - raise money for blue cheer mats, transportation, competition fees, etc.

- 1) Mini-Cheerleader Clinics (*one for each season-summer, fall, spring*)
- 2) Classic 8 Cheer Competition (*details TBA*)
- 3) Additional fundraisers TBD by Fundraising committee.

Optional – raise money for personal camp fees, apparel, etc.

Sunglasses (June/September), Candy bar sales (September), Apparel sales (September)

WSHS Cheerleading Application

My child, _____ has my permission to try out to be a cheerleader at Waukesha South High School. I understand that he/she must abide by the rules and regulations set forth by the coach and the principal of Waukesha South High School, and be present for all practices and games. I have read the rules and constitution and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter/son to ride with the coach and/or other parents when necessary. **I understand that all forms attached must be completed by May 26th or my child will not be allowed to tryout.** I understand that my child must attend all practice and tryout sessions, or my child will not be considered for a cheerleading position.

****I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the coach.**

****I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Waukesha South High School or any of its personnel responsible in the case of accident or injury at any time.**

If emergencies were to occur and I am unable to be contacted, I give my permission for the proper medical care to be given to my child by qualified professionals.

Parent or Guardian

Date

I am interested in being a cheerleader at Waukesha South High School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the coach and the principal of Waukesha South High School. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: _____ Date: _____

Current School: _____ Current Grade: _____ G.P.A _____

***PLEASE ATTACH a current print out from Web-Grader that includes all the overall grades of every class.**

Extracurricular activities/schedule conflicts:

Prior Experience with cheerleading, dance, and/or gymnastics (include years of commitment):

Tumbling Agreement

As specified on the tryout information packet, tumbling will be one of our primary focuses this year. While it is possible to make the competitive team without tumbling, it will be strongly evaluated when choosing the Varsity Competitive Cheerleading Squad.

The tumbling skills that we are looking for each cheerleader to obtain:

- Mastery in round off
- Standing back handspring
- Standing back tuck
- Round off/back handspring
- Front handspring
- Front walkover
- Round off, back handspring, tuck
- Any skill greater than a round off/back handspring/tuck

We expect each cheerleader to obtain at least 2 of these skills by September 1st. In order for cheerleaders to master these skills, it may be beneficial to sign up for additional tumbling classes. Please see coaches for more information about local cheerleading/gymnastic classes.

Please note that even with tumbling it is not guaranteed that you will compete on either JV or Varsity as there are many variables that come into play when putting together our competition routine. Competing is not a right; it is a privilege that is earned.

Please select all the boxes below that apply to help us decide our team(s). This will not have any effect on your scores; this is just to help us decide if being on the Varsity Competitive Cheerleading Squad is a good fit for each individual.

- I currently have mastered at least 2 of these skills.
- I plan to master at least 2 of these skills by September 1st
- I would be willing to take outside tumbling classes in order to better my tumbling skills
- I am not willing to take outside tumbling classes.
- I would prefer not to be on the competitive team, if tumbling is going to be emphasized

Parent Name: _____

Parent Signature: _____

Participant Name: _____

Participant Signature: _____

Alternate Agreement

This year we plan to compete at various competitions across the state. In order to be competitive we are planning on taking a few alternates. An alternate is required to work out, practice, attend fundraisers, camp and attend competitions and other events with the team. Alternates will receive the same apparel and privileges of all squad members. An alternate may be asked to take over a position of a team member at any time, should the coaches feel that it is in the best interest of the team. The alternates will not be competing with the team unless the coaches feel it is in the best interest of the team.

Please select all the boxes below that apply to help us decide our team(s). This will not have any effect on your scores; this is just to help us decide if being on the Varsity Competitive Cheerleading Squad is a good fit for each individual.

- No, I do not want to be on the **Varsity** Competitive Cheerleading Squad if I cannot compete
- Yes, I am okay with being on the **Varsity** Competitive Cheerleading Squad regardless of if I can compete or not.
- No, I do not want to be on the **JV** Competitive Cheerleading Squad if I cannot compete
- Yes, I am okay with being on the **JV** Competitive Cheerleading Squad regardless of if I can compete or not.

By Signing below, I hereby acknowledge that I have read the information above and agree to the Alternate Agreement.

Parent Name: _____

Parent Signature: _____

Participant Name: _____

Participant Signature: _____

WSHS Cheerleading Teacher Recommendation

This recommendation is part of the Waukesha South High School Cheerleading Tryouts. We are looking for hardworking, dependable individuals that act as role models for other students and who would make excellent representatives of WSHS.

Your opinion is very important to us!

Please fill out and drop into the cheer mailbox for
Coach Sara at South High School

Students Name: _____

(1 = Poor, 5 = Excellent, and please elaborate)

This student works well with other peers. 1 2 3 4 5

This student is respectful to adults and other students. 1 2 3 4 5

This student is hard working. 1 2 3 4 5

This student has good attendance and makes it to class on time. 1 2 3 4 5

This student is respected by peers. 1 2 3 4 5

This student would make a great representative of South High School. 1 2 3 4 5

What is your overall opinion of this student?

Teachers' Name: _____ Contact #/email: _____