

2016-2017 Ingraham Cheer Tryout Packet

Thank you for your interest in trying out for the 2016-2017 Ingraham Cheer Staff! In this packet, you will find all the necessary information and forms required to be eligible for the team. Please read through everything carefully and make sure all documents are filled out, signed and in the correct order before turning in. Incomplete/unorganized packets will not be accepted and the applicant will not be allowed to participate in any workshops or tryouts until complete. Please detach the first 6 pages of this packet to use as a checklist to ensure you have all requirements and to use as study material for the tryout quiz. This packet is due no later than MARCH 24th to the cheer mailbox in the main office at IHS!

Required documents (Please have all forms signed, stapled together and in this order):

- _____ Clear and recent photo of yourself with name and grade at the top of the sheet (page 7)
- _____ Ingraham Cheer Application form (pages 8-9)
- _____ Ingraham Cheer Rules and Agreement form (pages 10-11)
- _____ Parent/Guardian Permission and Agreement form (pages 12-13)
- _____ Expense Agreement form (page 14)
- _____ Copy of most recent report card with current and cumulative GPA highlighted
- _____ 3 Teacher Recommendation forms (pages 15-17)

*Note: These do not have to be included when you turn this packet in if the teacher personally delivers them to the cheer mailbox in the main office.

_____ Seattle Public Schools athletic paperwork (not included in this packet) to include: Seattle Public Schools athletic registration and physical form, concussion awareness form, athletic transportation form, driver consent form (optional, if you drive or plan on driving at some point during the year), weight and fitness room consent form, sport specific sheet.

*Note: SPS PAPERWORK SHOULD BE TURNED IN DIRECTLY TO ATHLETIC SECRETARY MARIA MEDINA IN THE MAIN OFFICE BEFORE TRYOUT WORKSHOPS, NOT WITH THIS PACKET. You will need to get a signature from her on the Cheer Application form to confirm that you are cleared to participate in tryouts. The full packet can be found at http://ingrahamhs.seattleschools.org/student_activities/athletics/athletics_forms. The cheer specific form can be found on the Seattle Public School's website under Students > Extra-Curricular Activities > Athletics > Forms > High School forms

2016 Ingraham Cheer Tryout Info

Packets due March 24th by 4:30PM in the IHS main office.

If you have any questions/concerns about anything in this packet, please contact Coach Dani at ingrahamcheercoach@yahoo.com

Eligibility

Before trying out, candidates must meet the following prerequisites:

- Candidates must turn in their *complete* tryout packet on time. All forms must be signed by the appropriate person and be organized and in the proper order. Partially filled out packets will not be accepted
- Candidates must complete Seattle Public Schools athletic paperwork (which includes an up to date physical) and obtain a signature from the athletic secretary to confirm
- Candidates must be passing classes at all times and maintain a 2.5 GPA (If an applicant has above a 2.0, they may still try out, but can only make the team on probation until they have a 2.5)
- Candidates must abide by the Student and Athletic Codes of Conduct
- All fines must be paid

Requirements

Ingraham Cheerleaders are aware that being a part of the team is a privilege, not a right. Therefore, members of the Cheer Staff must abide by the principles outlined in the Cheer Contract. Fulfilling the 5 roles of being a cheerleader (from uca.varsity.com) ensures a successful, well rounded team that can impact their school and community in a positive way. Applicants for the IHS Cheer Staff recognize these principles and agree to abide by them if selected for the 2017-18 team. Once selected for the team, cheerleaders will go over the full Contract and sign off acknowledgement of these requirements.

Cheer Philosophy

Ingraham High School, the Seattle Public School district and the community endorse involvement in spirit building activities that contribute to the healthy, supportive and interactive school culture. Membership on the Ingraham Cheer Staff offers a unique opportunity for personal growth, leadership and involvement in diverse activities. Cheerleaders are committed to the highest level of athleticism, self-discipline, respect for the school and others, exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Team members take on the roles of crowd leader, spirit raiser, ambassador, athlete and entertainer. Furthermore, cheerleaders must demonstrate a proven

ability to balance academic requirements and demands with extracurricular and personal activities. Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of any spirit program. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

Roles and Requirements of a Cheerleader

1. Crowd Leader- "The title "cheerleader" explains it all, leading the crowd through cheers! Cheerleaders motivate the crowd and rally them to get on their feet and yell. They understand the sports they are cheering for and genuinely support the team. During games, cheerleaders use signs, poms and megaphones with a combination of skills to communicate with spectators the words to yell and when to yell them"
 - Cheerleaders are aware that all games, practices and other events listed on the calendar are mandatory.
 - Promoting good sportsmanship by way of example is required at all times. Members must not use foul language or hand gestures at practices, in school, at games, camp, or performances, etc.
 - It is the responsibility of the squad to cheer at football games and to raise school spirit during football season. The squad will learn cheers, dances and chants, some of which will incorporate stunts and/or pyramids, to be performed at the games. The team will cheer at assemblies and participate in all homecoming festivities. Varsity cheerleaders will be assigned on a rotational basis the responsibility of creating/painting signs for home games and senior night. This activity will take place in addition to weekly practices.
 - It is the responsibility of the squad to cheer for both the men's and women's Varsity basketball teams and to raise school spirit during basketball season. All squad members will cheer at assemblies held during basketball season.
2. Spirit Raisers- "Spirit raising is taking the pride that cheerleaders have for their school and spreading it to their fellow students and community members. Whether it means making signs and encouraging their peers to attend the big game, or keeping the energy up during the game, cheerleaders are where the spirit begins."
 - Cheerleaders are representatives of their class, their school and community. They are inclusive and encourage diversity.
 - Team cohesiveness is essential to the success of the squad. Team members should not gossip or argue with other squad members.

3. Ambassadors- “Being a school ambassador within the community is a key part of being a cheerleader. As one of the most visible student athletes, cheerleaders should be friendly, know the facts about their school, set a good example for other students and spread spirit. Cheerleaders represent their alma mater in the truest fashion!”

- Excessive public displays of affection are not acceptable when participating in a cheerleading activity. Public displays of affection are not acceptable while wearing any IHS cheer uniform and/or when a team member is representing the squad.
- Tattoos are strongly discouraged until the participant is graduated from high school or off the squad permanently. If participants have tattoos they must not be visible at any time when in uniform. You may use make-up, Band-Aids etc. to cover them.
- Members must show respect and cooperate with all faculty members, squad members, game officials and coaches.
- Members should not post any inappropriate pictures or language on any social networking sites. Best judgment should be used when posting anything online. Any negative behavior online will result in suspension or removal from the squad.
- Squad members must display proper behavior in class, including being on time. If a teacher or staff member is having difficulty with you, you may be benched until the matter is resolved.
- Squad members must dress appropriately at all times. Cleavage and undergarments should never be visible. Skirts and dresses should pass the “fingertip” test. Pants or shorts should never be too saggy or big.
- Cheerleaders are required to purchase their practice and performance uniforms that are to be worn at cheer events for the entire school year. The squad member will only be allowed to keep the uniform if they have participated for the entire cheer season. Breaking any part of the contract may result in removal from the squad and surrender of the purchased uniform. Team members are responsible for keeping track of all uniform/practice garments and maintaining them in good condition.

4. Athletes- “Cheerleading requires strength, endurance and technique to execute the skills used in crowd leading. Stunts, pyramids, jumps and tumbling are also a focus for cheer teams who compete too. Cheerleaders should have dedication to improving their skills through the year during practice.”

- All squad members will participate in a rigorous training schedule during the summer, with conditioning to be implemented at practices throughout the year.
- All squad members will be required to do some conditioning/stretching at home throughout the entire year.

- Safety is our first priority. Rules and regulations established by the NFHS and the WIAA will be strictly enforced.

5. Entertainers- "Cheerleaders use their crowd leading tactics, spirit and athleticism to entertain the crowd on game day, especially during Time Outs and Half Time. Through the use of stunts, tumbling, jumps and dance, cheerleaders are an essential part of the in-game entertainment. When the crowd is entertained and enjoying the game, they are more likely to stand up and yell with the cheerleaders when they are needed most"

- Cheerleaders are required to participate in ALL seasons. Cheerleaders are also required to compete during the winter season. Injuries or disciplinary action could result in a team member being placed as an alternate, with opportunity to regain their position on the team.

Tryout Details

Important Dates:

- March 24th: Packets due to Ingraham main office in cheer mailbox by 4:30 PM
- March 27th-31st: Tryout Workshops every day from 4-6 PM in the Ingraham Upper Gym
- April 1st: Tryout evaluations at 12 PM in the Ingraham Upper Gym

Tentative yearly calendar of practices, events and payment deadlines

April -Tryouts: April 1 -Uniform fitting: April 18 -First camp payment due: \$200 April 5 -Practice 2-3 days a week	May -Practice 2-3 days a week -Second camp payment due: \$200 May 10 -First uniform payment due	June -Practice 3-4 days a week -Moving Up Assembly -Second uniform payment due	July -Practice 3-4 days a week -Cheer camp July 19 th -22 nd -Short break directly after camp (1-2 weeks)
August -Practice 3-4 days a week	September -Practice 3 days a week -Football season starts! (Games every Friday)	October -Practice 3 days a week -Football games every Friday -Homecoming assembly and game	November -Practice 3-4 days a week -Basketball season starts (Games Tuesday, Wednesday and Friday)
December -Practice 3-4 days a week -Competition season starts! (On Saturdays) - Basketball games Tuesday, Wednesday and Friday	January - Practice 3-4 days a week -Competitions on Saturdays, State at the end of the month -Basketball games Tuesday, Wednesday and Friday	February -Practice 2-3 days a week -Basketball games Tuesday, Wednesday and Friday -Short break after Basketball season ends (2-3 weeks)	March -Practice 2-3 days a week

What to know:

- Please wear athletic clothing and tennis or cheer shoes. No jewelry! Hair needs to be worn out of the face.
- Bring a water bottle and a positive attitude!
- You will be learning jumps, a cheer, a dance and the fight song at tryouts. Attendance is crucial in being successful and is also worth a portion of your total tryout score.
- If you are new to the cheerleading, it might be helpful to get together with veteran cheerleaders so they can help you with material and give you some tips for tryouts!
- Before you decide to try out, please realize that it is very difficult to maintain a job or other extracurricular activities during the seasons you cheer for. Cheer must come before a job or extracurricular activities, therefore, missing cheer for any of these activities is unacceptable and will not be tolerated. We have a strict attendance policy, and if it is broken too many times, a cheerleader could lose their place on the team. It is up to you to decide BEFORE tryouts if you are willing to make that commitment to this program.
- Vacations must be planned around the summer cheer schedule. Camp dates are July 19th-22nd. If you cannot attend camp, you should not try out for cheer.

The scoring process:

There are 7 different areas where you can earn points towards your final score (out of 250) which will determine placement on the team(s)

- Tryout packet: 5 points if turned in on time, 0 for being late (2% of total score)
- Workshop attendance: 2 points each day for being present the entire workshop, 1 point for tardiness for a total of 10 points (4% of total score)
- Tryout quiz: There will be a very short quiz on the requirements of being a cheerleader, all the info you need is in the first 6 pages of this packet. Worth 10 points (4% of total score)
- Teacher Recommendations: Worth 40 points each and averaged together (16% of total score)
- GPA: Current GPA will be multiplied by 10 for a maximum score of 40 (16% of total score)
- Attitude and Interview: Your willingness to learn and attitude will be assessed during the week along with a group interview (during workshops). Veteran cheerleaders will also be graded in this section on the previous year's attendance and attitude. Worth 45 points total (18% of total score)
- Tryouts: Judged based on jumps, tumbling, a cheer, a dance and the fight song. Worth 100 points (40% of total score)

Name: _____ Grade: _____

PLEASE ATTACH PHOTO HERE

This should be a clear, recent photo of yourself. There should be no one else in the picture and tape should not be visible. This photo will be used when announcing the new squad and be posted in front of the cheer office for the entire season.

Ingraham Cheer Application

Please Print Clearly

Applicant Information

Name: _____ Grade: _____

Current Address: _____

Phone Number: _____ Birthday: _____ T-shirt size: _____

Email: _____

Parent/Guardian Information

Name: _____ Relation: _____

Phone Number: _____ Email: _____

Name: _____ Relation: _____

Phone Number: _____ Email: _____

Medical Information

Insurance Plan/Policy number: _____

Allergies (food, medicine, etc):

Are you being treated for any injuries/conditions?

Are you cleared to participate in sports at Ingraham? Please get a signature from Maria Medina (IHS Athletic Secretary) in the main office to confirm your eligibility.

Signature

Date

1. What do you hope to gain from being a cheerleader?

2. Being a member of the Ingraham Cheer Staff requires a hefty time commitment (tentative schedule listed on requirements page). Summer practices and camp (July 19-22, 2017) are essential and *mandatory*. Please list any activities that might conflict with your responsibilities to the team (this includes jobs, other extracurricular activities, school/class requirements, vacations, etc.):

3. Do you have any prior cheerleading (or cheer related) experience? Please list:

4. Are you interested in being on a competitive team? Why or why not?

5. For captain applicants only. Please write (no more than 2 pages) why you think you should be captain of the Ingraham Cheer Staff. What are your ideas and goals for the team? What qualities and/or experience do you have that qualifies you for this position? Please include this at the very end of the packet.

Cheer Staff Rules and Agreement

I, _____, wish to be a member of the 2017-2018 Ingraham High School Cheer Staff, and as such (initial each):

_____ I will abide by the rules and regulations set forth by the coaches and administration at Ingraham High School as identified in the Ingraham Student Handbook and the Cheer Staff Contract during tryouts and throughout the year.

_____ I will cooperate and follow the instructions of the cheerleading coach during tryouts and throughout the year.

_____ I understand and accept that the coaching staff and a separate panel of qualified judges will evaluate me at tryouts, and I agree to abide by the decision of the cheerleading coaches and judges.

_____ I understand and accept that tryout scores will not be made public.

_____ I understand and accept that tryouts and practices are closed. No parents, family members or friends will be allowed to observe.

_____ If selected, I understand and accept that I am expected to be present for all practices, performances, camps and events as scheduled by my coach and/or school.

_____ I understand and accept that it is my responsibility to check the calendar and speak to the coach about any potential conflicts in advance.

_____ I agree to share my grade information with the coach and that I must maintain a minimum GPA of 2.5 or higher.

_____ I understand and accept all eligibility requirements.

_____ I will accept any decision with regards to a position in a stunt, dance, or cheer.

_____ I understand and accept that coaches will make decisions that are best for the whole team and not an individual and I will not put my own individual likes or dislikes before that of the squads.

_____ I understand and accept that captains will be chosen by the coaches.

_____ I understand and accept that I must respect all coaching staff, captains and teammates and that not doing so can be cause for removal from a performance or the squad.

_____ I will not engage in criminal activity (drugs, alcohol, tobacco, violence, etc.) or any unsportsmanlike conduct toward any other schools or students.

_____ I will attend all school classes on time unless with an excused note.

_____ I will keep a positive attitude and work as a team with my squad.

_____ I will remember to maintain an image of a leader representing Ingraham High School both in and out of uniform.

_____ I am aware that if I make the squad I will need to sign and abide by the cheerleading contract.

_____ I understand that cheerleading is a sport, and by the very nature of the activity, carries a risk of physical injury, both minor and serious, and that 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.

_____ I understand that I must follow these requirements and if for any reason I do not abide by these rules and regulations I may immediately lose my position as a cheer staff member and/or lose the chance to try out again. I also understand that I can be placed on probation where I cannot participate in cheer activities for a period of time determined by the coaching staff and/or administration.

I, _____, hereby certify that I have read the rules and regulations in the cheer packet, and that I understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad.

Signature

Date

Parent/Guardian Permission for Ingraham Cheer Staff

_____ has my permission to try out for the 2017-2018 Ingraham High School Cheer Staff, and as such (initial each):

_____ I understand and accept that my child must abide by the rules and regulations set forth by the coaches and administration at Ingraham High School and set out in the Cheer Staff Contract.

_____ I understand and accept that my child must be present and on time for all practices, performances, camps and other events scheduled by the coaches and/or school.

_____ I understand and accept that the coaching staff and a panel of qualified judges will evaluate my child and I agree to abide by the decision of the cheerleading coaches and judges.

_____ I understand and accept that all tryouts and practices are closed. No parents, family members, or friends will be allowed to observe.

_____ I understand and accept that tryout scores will not be made public.

_____ I understand and accept that coaches will have access to GPA records to determine eligibility.

_____ I will work with my child to support their decision to be a part of this program.

_____ I understand and accept that I may be asked, on a rotational basis, to help with preparing and/or supplying a pre-game meal for games during the season and or any other snacks or meals that may arise during the season.

_____ I understand and accept that I will be expected to help with fundraising in order to defray the costs of cheering.

_____ I understand and accept that if my child is removed from the squad, voluntary or not, we forfeit all monies paid and are responsible for all money due.

_____ I understand and accept that cheerleading is a sport, and that by the very nature of the activity, it carries a risk of physical injury, minor and/or serious, and that no matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated.

_____ I understand that if my child makes the squad, I will need to sign and abide by the Ingraham Cheerleading Contract.

I, _____, hereby certify that I have read the rules and regulations included in this cheer packet, and that I understand that the violation of any of these rules may lead to my child's temporary or permanent suspension from the squad.

Signature

Date

Relationship to applicant: _____

*You can reach Coach Dani at ingrahamcheercoach@yahoo.com if you have any additional questions.

Expense Agreement

Please read through this carefully. Cheerleading is an expensive sport and cost must be considered when making the decision to try out. This is only an estimated cost of being on the Cheer Staff. All Ingraham cheerleaders are expected to pay for and keep all of these personal items listed below, as most are customized for each squad member. Cheerleaders are required to purchase all parts of their uniform and to attend camp over the summer. However, veteran cheerleaders are not required to reorder their uniform and warm ups (unless the item is damaged/doesn't fit anymore etc. and chooses to purchase another). Fundraising opportunities will be available throughout the year to help offset the costs, but making payments in a timely manner is ultimately the responsibility of the parent and athlete.

Estimated Cost for Varsity Girls

4-Day Cheer Camp = \$450
Camp Clothes/Practice Clothes (4 tops, 4 bottoms, bra top) = \$300
Uniform (to include 2 shells, skirt and 2 liners) = \$200
Warm-ups (jacket, fleece, pants, custom lettering and rain jacket) = \$200
Shoes = \$90
Custom Backpack= \$90

Estimated Cost for Varsity Boys

4-Day Cheer Camp = \$450
Camp Clothes/ Practice Clothes (4 tops, 2 shorts) = \$250
Uniform (shirt, pants, shorts) = \$130
Shoes = \$90
Custom Backpack= \$90
Warm ups (Jacket and sweatshirt with custom lettering) = \$120

I, _____, parent/guardian of _____ have read and understand the estimated cost provided. I agree to pay for the fees required for cheerleading and will make payments in a timely manner. I understand that if payments are not made on time, my child will forfeit their position on the team.

Signature

Date

I, _____ have read and understand the estimated cost provided. I agree to pay for the fees required for cheerleading and will make payments in a timely manner. I understand that if payments are not made on time, I will forfeit my position on the team.

Signature

Date

IHS Cheer Staff Teacher Recommendation

To: Classroom Teacher of Candidate

From: Danielle Love, Ingraham HS Head Cheer Coach

Re: Teacher Recommendation of Cheer Staff Candidate

Candidate: _____

Teacher: _____ Class: _____

The student listed above is a candidate for the Ingraham Varsity Cheer Staff. Part of the screening process includes evaluations by the applicant's teachers. Please assess the student on the areas listed below. Your evaluations will be scored as part of the selection process (16% of their tryout score) and be kept strictly confidential. Please seal this form in an envelope with the student's name and return to the student or return directly to the cheer mailbox in the main office. Thank you for your time and consideration.

Evaluation Areas	High					Low
1. Ability to get along with students/staff	5	4	3	2	1	
2. Attentiveness in class (listens, follows directions)	5	4	3	2	1	
3. Quality of work (on time, complete, puts forth effort)	5	4	3	2	1	
4. Attendance/punctuality	5	4	3	2	1	
5. Behavior/manners	5	4	3	2	1	
6. Leadership	5	4	3	2	1	
7. Responsibility/dependability	5	4	3	2	1	
8. Communication/ social skills	5	4	3	2	1	

I would _____ would not _____ recommend this individual to be a member of the Ingraham Cheer Staff.

Signature

Date

IHS Cheer Staff Teacher Recommendation

To: Classroom Teacher of Candidate

From: Danielle Love, Ingraham HS Head Cheer Coach

Re: Teacher Recommendation of Cheer Staff Candidate

Candidate: _____

Teacher: _____ Class: _____

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Signature

Date

IHS Cheer Staff Teacher Recommendation

To: Classroom Teacher of Candidate

From: Danielle Love, Ingraham HS Head Cheer Coach

Re: Teacher Recommendation of Cheer Staff Candidate

Candidate: _____

Teacher: _____ Class: _____

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