

2020-2021 Corona del Sol Cheer Tryout Information and Application

Freshman Tryouts: Tryouts material is posted now on our YouTube channel. Materials should be learned virtually as best as possible. We will host an open gym on August 18th. (must sign up for a spot in advance) where you can practice in small groups (10 or less). Tryouts will be held on August 19th by appointment. Tryouts are closed to ALL observers. The judges are selected based on their cheerleading/coaching experience and are aware of the athletic ability and maturity needed to be a successful member of a high school squad. Judges will be judging by video. Tryout results will be released no later than 5PM on August 21st. **Results will be communicated via social media and posted on our website.**

Scoring: All judges will be using a guideline set by the coaches to score all required skills. This will ensure that scores are accurate and consistent. Coaches do not score or judge the tryouts and only provide the criteria to score on as well as an evaluation for returning members. Teams are picked based on scores.

Tryout/Clinic Attire: ANYONE trying out for cheerleading must wear athletic style clothing and shoes. **ONLY WHITE or GREY T-SHIRTS and BLACK (athletic) SHORTS/Nike Pros** may be worn. Lettering and symbols must not be visible. Cheer shoes or athletic shoes must be worn.

Cheerleading related clothing (including CdS attire) may **NOT** be worn. Hair needs to be pulled back securely; ribbons may be worn. **NO JEWELRY- THIS INCLUDES ALL EARRINGS, BELLY BUTTON RINGS, NOSE RINGS, RINGS, BRACELETS, ANKLETS, AND NECKLACES, ETC.**

ALL TRYOUT DECISIONS ARE FINAL.

Items that must be turned in at tryouts or emailed to cdscheerleading@gmail.com completed by 8/18/2020 Athletes MUST be cleared through Register My Athlete by Friday, August 14, 2020.

- Corona del Sol Cheerleading Tryout Application Form
- Printout or screenshot of your grades from the 2019-20 school year.
- Former Coach Evaluation
- Cheerleading Participant & Demerit Agreement
- Personal Cheerleader Contract & Parental Permission
- Freshman Athletes must have their RegisterMyAthlete.com profile updated. Impact Testing will be scheduled at a later time and is not required for tryouts.

All Cheer Team Requirements/Items Evaluated on:

- Tumbling is **NOT** required but is highly recommended to increase the score during tryouts.
 - Please submit tumbling via video only. Tumbling can be from last season, but it must be performed on a hard cheer surface like, grass, hard cheer mat, gym floor, etc. Tumbling performed on a spring floor, air track, or trampoline will not be scored.
 - Videos should be submitted to cdscheerleading@gmail.com by 8PM on Tuesday, August 18th.
- Performance of the fight song and cheer posted online.
- Jumps (a toe touch and a double jump of choice)
- Athleticism
- Scholastic Achievement & Eligibility
- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and ability to be coached.

Corona del Sol Cheer Spirit and Activity ESTIMATE* 2020/2021

Item	Final Cost	Due 8/7	Due 9/4	Due 11/1
Spiritwear/Poms	\$556.00	\$350.00	\$206.00	
Uniform	\$300.00	\$150.00	\$150.00	
Backpack	\$85.00	\$85.00		
Sideline Shoe (Est)	\$55.00	\$55.00		
Competition Shoe (Est) JV/Varsity only	\$90.00	\$90.00		
Camp	\$200.00	\$100.00	\$100.00	
Fall Stipend (tax credit - bookstore)	\$130.00	\$130.00		
Winter Stipend (tax credit bookstore)	\$130.00			\$130.00
Boosters	\$30.00	\$30.00		
Choreography JV/Varsity Only	\$175.00		\$175.00	
Freshman Team	\$1,486.00	\$900.00	\$456.00	\$130.00
JV/Varsity Team	\$1,491.00	\$860.00	\$631.00	

Fees

- Activity Fee: \$50 (waived for 2020-21 Season)
- Choreography Fee: \$175 JV & Varsity Team only (paid to boosters)
- Cheer Camp: \$200 Camp will be onsite in October (All teams)
- Tumbling**: \$40/mo during school year...start date is TBD.
- **Freshman team only paid to bookstore as a tax credit only** – Coach Stipend \$260 (\$130 Fall & \$130 Winter)

Potential Additional Fees (Not included in total estimate amount)

Nationals: **without any fundraising**, approximately \$1,000 per cheerleader

Estimate **\$1,600 - \$2,300**

Estimate with Nationals **\$2,600 - \$3,300**

Due to unforeseen events, we will do our best to provide as many fundraising opportunities as possible. Participation in fundraising activities is required to have any funds offset your cheerleader's fees.

Corona del Sol Cheerleading Standards

Philosophy

The cheerleading program at Corona del Sol High School will provide its participants with many opportunities involving leadership, spirit, teamwork, enthusiasm and support. Objectives of the program are to promote school support, spirit, and enthusiasm for the athletic teams at CdS. They will also be working on their own skills and technique as cheerleaders and will represent Corona del Sol in various cheerleading competitions throughout the season.

Cheerleader Responsibilities

The CdS Cheer program is part of the Activities Department but acts as an athletic team. Therefore, ALL cheerleaders are subject to all policies in the CdS Athletic Handbook/Student Handbook for students and parents. **The coaching staff reserves the right to change/update any policies as needed and will inform cheerleaders and parents of any changes/updates.**

Purpose of a cheerleader:

1. To provide leadership
2. To help promote school spirit, enthusiasm, and good sportsmanship
3. To promote unification of the crowd's involvement during the athletic event
4. To strive to uphold the highest personal, as well as cheerleading standards
5. To strive to build better relationships between schools

Areas of personal expectation for each cheerleader:

1. Leadership
2. Cooperation
3. Character
4. Self-discipline and self-control
5. Emotional maturity and self-confidence
6. Social competence
7. Mental, moral and ethical values
8. Decision making skills
9. Spirit of competition (being a good loser as well as a good winner)

Academic Eligibility

1. All cheerleaders must maintain a 2.5 GPA.
2. Cheerleaders may be put on probation if they receive a fail, drop below a 2.0 GPA or receive an "F" on a grading mark. If the student fails one or more classes at the semester mark, he/she may be dismissed from the team.
3. All cheerleaders must attend at least four class periods of the day in order to cheer at a game or practice.

Attitude and Behavior

A cheerleader is responsible for his/her actions both on and off the field/court.

1. Cheerleaders are expected to follow all rules as outlined in the CdS athletic handbook.
2. Cheerleaders must maintain good rapport with CdS staff, faculty and administration both on and off the school grounds.
3. Cheerleaders are role models at school and should behave accordingly. Cheerleaders shall not violate school rules, and act as leaders within the community.
4. Cheerleaders must have hair that is a natural hair color during football and basketball season; only brown, black, natural red or blonde. They can dye their hair another color as long as it is one of the colors previously listed.
5. Cheerleaders may not have visible tattoos during any games or whenever wearing their uniform.

6. Cheerleaders may not wear ANY jewelry when practicing or in uniform.
7. Cheerleaders must have CLEAN, NATURAL, nails on GAME DAYS. Natural polish/no chips.
8. Cheerleaders must keep nails short (nails cannot be seen above fingertip; this is an AIA mandate).
9. **The cheer coach reserves the right to:**
 - a. **Suspend cheerleader from participation**
 - b. **Remove the cheerleader from the squad**
 - c. **Move a cheerleader from one squad to another**
10. A cheerleader is a role model for the fans and must remain positive and display good sportsmanship toward the other cheerleaders, teams, coaches, and officials at all times.
11. A cheerleader is responsible for his/her actions on the floor at all times. He/she is to cheer for his/her own team and never against the opposing team.
12. A cheerleader will adhere to the demerit system in place and all guidelines will be followed (please see the demerit informational sheet for guidelines).

Probation / Discipline

1. The coach reserves the right to remove any cheerleader from the squad at any time. Cheerleaders may be removed immediately if engaging in drugs, alcohol, gang activity or a physical fight. Cheerleaders may also be removed from the squad in cases of defiance or extreme disrespect against their coaches or teammates, school staff, or if they intentionally put another cheerleader's safety at risk.
2. A cheerleader may be put on probation for academic or disciplinary reasons. The time of the probation will depend on the offense. Discipline is at the discretion of the coach. Two offenses can result in dismissal from the team.
3. If the athlete receives 2 infractions in a school year, they will be dismissed from the team on the 3rd offense. (3 infractions = dismissal)
4. If the athlete receives 2 academic probations in a school year, they will be dismissed from the team. (2 final grade reports under 2.0 GPA = dismissal)
5. If the athlete receives 2 behavior referrals in a school year, they will be dismissed from the team (2nd referral = dismissal)
6. Benching for disciplinary reasons can consist of cheerleader not performing at the game. They are not excused from practice unless given permission by the coach.
7. **Two or more unexcused absences or tardiness may result in suspension or removal from the squad.**
8. Please see attached Infraction sheet for more details. A demerit system will also be used as needed by the coaching staff.

All disciplinary, safety, and practice procedures are at the coach's discretion.

Cheer Seasons

1. Summer Camp and Practices (calendar will be distributed)
2. Fall cheerleading: Football
3. Winter cheerleading: Basketball
4. Competition season: Winter/Spring
5. Year round: Pep rallies, spirit events, fundraisers, competitions, community events

Responsibilities of Cheerleaders

1. Athletic Games
 - a. **Attendance at all games, practices, and events is required. Varsity will attend all home and away games. JV and Freshman will attend all home games. The only valid reasons for missing a game are as follows: injury/serious illness (doctor's note required), death of a family member. Cheerleaders are not encouraged to miss any events, in the event they have more than two absences they may be dismissed from the team. If a**

cheerleader has numerous excused absences, they may be put on probation. If there are extenuating circumstances, communication with the coaches is necessary so appropriate exceptions can be considered.

- b. Keep sidelines flowing at all times
- c. Pay attention to the game (it is not social time)
- d. Never cheer against or boo the opposing teams or officials or participate in unsportsmanlike conduct.
- e. No food or drinks while you are cheering.
- f. Water only on the sidelines.
- g. Be set up and ready to go 45 minutes before a football game and 30 minutes before a basketball game.
- h. Be ready to cheer (properly stretched, warmed up, wearing proper uniform)
- i. Always follow coach's and captain's instructions.
- j. No jewelry, visible tattoos, unnatural colored hair, gum, heavy makeup or glitter is allowed.
- k. Must always have all parts of uniform on for the game (including bows, spandex, cheer shoes, etc.)
- l. On game days cheerleaders **must** dress in their full uniform (or spirit-wear as instructed by coach or captains) all day (including bows, briefs, and their cheer shoes)
- m. NO CELL PHONES

2. Practices

- a. Practices will be arranged by the coach and shall be held as needed. Practices start promptly, and tardiness is **unacceptable**.
- b. DO NOT have cell phones out during practice
- c. Absences from practice are unexcused without prior approval from the coach. The coach will determine whether an absence is excused or unexcused. **Giving notice to the coach does not make the absence excused.** Missing for other school activities does not necessarily excuse the absence. In case of emergency or illness, an absence may be excused the following date with a note from a parent/guardian/physician.
- d. Two or more unexcused absences or tardiness may result in suspension or removal from the squad.
- e. In case of an absence (excused or unexcused), the cheerleader must speak with their coach the next day to find out what they missed at practice. A cheerleader who does not check in with the coach after an absence may be put on probation.
- f. Proper shoes and clothing should be worn at every practice. The following are required:
 - i. Must follow dress schedule
 - ii. No Jewelry
 - iii. Cheer shoes
 - iv. Hair back
 - v. If necessary, be wrapped/taped BEFORE practice/games.
- g. If a cheerleader does not attend ALL practices during the week, they will not be eligible to cheer at ANY game that week.

3. Pep Rallies/Assemblies

- a. On days of a pep rally, cheerleaders must come completely dressed in their uniforms (bows, briefs, and cheer shoes included).
- b. Cheerleaders are responsible for making up any schoolwork missed when absent for pep rallies or games.

4. Safety

- a. Cheerleading involves high risk of injury. Cheerleaders must be in good health and physical condition to participate.
- b. Cheerleaders must notify coaches of any and all injuries.

- c. Cheerleaders must consider safety at all events. They must adhere to the following safety guidelines:
 - i. When learning new stunts or tumbling passes they must be approved before performed.
 - ii. When performing stunts or tumbling passes, they must be performed on grass, rubberized track, a gym floor, or mats.
 - iii. **Coaching staff must approve all stunts.** In high school, there are several “illegal” stunts that our cheerleaders may see other schools perform but will not be allowed to do for their own safety. We follow AIA guidelines for stunting and tumbling.
- d. Cheerleaders must have a current physical on file. Failure to comply will result in the athlete’s inability to practice until the proper forms are on file with CdS.
- e. If injured, the coach may require the cheerleader to see a doctor before being allowed to participate again.
- f. After seeing a doctor for an injury, a cheerleader must have a written note from the doctor allowing her/him to participate. If certain activities are permitted, and other activities are not, the doctor’s note must be specific. For example, “Can cheer and dance, but cannot stunt or jump for 2 weeks.”

Squad Leadership

Captains will be chosen in a method determined by the cheer coach. The responsibilities of a captain are:

1. Lead stretches and cheers at practice when necessary
2. Call all cheers at game and keep everything flowing
3. Make sure that all the rules and guidelines are being followed
4. Call/text squad members to communicate information
5. Additional duties may be assigned by coaches

Transportation

1. **All cheerleaders are required to travel to and from games and events in school-approved vehicles under adult supervision provided by Corona del Sol High School.** Students are not allowed to find their own rides to or from games.
2. All cheerleaders are responsible for finding rides to and from practice and our home games.
3. Parents must be willing and able to pick up their child promptly after the completion of practice or games. Cheerleaders must be picked up **within 10 minutes** after arrival at school upon return from an away game. Cheerleaders are responsible for communicating with their parents when the game ends, and when we are on our way back to the school, as well as practice.

Other Activities

1. Participation on All Star Cheer teams **is not allowed.**
2. Cheerleaders may participate in other activities (dance, choir, track, etc.) **if they do not conflict with cheer schedule.**
 - a. When there are conflicting activities, parents and cheerleaders acknowledge that the cheerleader may be at school for 12+ hours a day (ex: If dance recital and competition fall in the same week, cheerleaders are **NOT** excused from practice. We may move practices to accommodate dance schedule which means your cheerleader will be at school from 5AM to 9PM)

Financial Commitment

1. Cheerleading requires a substantial financial commitment; this year cheer will cost roughly \$2,000. It is important that families understand this before committing to the season or to tryouts. Financial aid is not always available, so please do not depend on that. Timely payments and communication are essential as we often have tight payment deadlines to ensure uniforms/gear arrive on time. Please see attached price breakdown.
2. Cheer will participate in fundraisers. Each student is required to participate in-group fundraisers throughout the year to support the program.

- a. If a cheerleader does not participate in a fundraising activity to offset camp, competition, or other items, they will not receive the offset for that event. You must be there to benefit from fundraising opportunities.
3. Each family is responsible for paying fees by the due dates
4. Tumbling class is mandatory as it is integrated into our cheer program and practices.

Time Commitment

1. Cheer is very time consuming. Practices are nearly every day after school and during summer and fall breaks.
2. Cheerleaders are responsible for attending weekly games.
3. Occasionally there may be weekend commitments, such as practice, competition, fundraisers and/or choreography.
4. Cheerleaders are responsible for keeping their grades up and completing all schoolwork even when busy with cheerleading activities.
5. Please note that cheer is a **team activity** and any absence hurts the team as well as the individual cheerleader.
6. COMPETITIONS ARE MANDATORY, PLEASE DO NOT SCHEDULE ANYTHING ON REQUESTED DAYS UNTIL SPEAKING WITH A COACH.

Corona del Sol Cheerleading Demerit System

Demerits:

Demerits will be used as a disciplinary tool and will be given by the coaching staff in order to keep disciplinary actions consistent for everyone. Demerits will be completed at the end of practice, so they do not interfere with practice. If your cheerleader receives a demerit, they will not be released from practice until the demerit is completed (if applicable). Please note, we reserve the right to update the demerit system as necessary, but any changes will be communicated with administration, parents, and cheerleaders.

Offense	1st Offense	2nd Offense	3rd Offense
Jewelry @ practice * AIA Mandate	1 bear crawl/remove jewelry	2 bear crawls/remove jewelry	entire team does 3 bear crawls
Jewelry @ game * AIA Mandate	2 bear crawls/remove jewelry	4 bear crawls/remove jewelry	entire team does 3 bear crawls
Fingernails above palm * AIA Mandate	sit out practice and/or game	sit out practice and/or game	Coach can remove from team
Late with notification	1 bear crawl	2 bear crawls	entire team does 3 bear crawls
Late w/o notification	20 burpees	40 burpees	entire team does 40 burpees
Cell phone use w/o permission	2 bear crawls	entire team does 2 bear crawls	Coach can remove from team
Missed practice	sit out next game + 20 burpees	sit out next game + 40 burpees	Coach can remove from team
Missed game	sit out next game + 20 burpees	sit out next game + 40 burpees	Coach can remove from team
Excessive talking	1-minute plank	2-minute plank	entire team does 2-minute plank
Poor sportsmanship	sit out game	coach can remove from team	
Not prepared for game/practice/comp	1 bear crawl	coach's discretion	
Not cooperating with coaches/squad	sit out game	coach's discretion	
Grades (D's & F's)	sit out game	sit out game/study during practice	Coach can remove from team

Corona del Sol Cheerleading Tryout Application Form

Personal Info:

First name: _____ Last Name: _____

Cell Phone Number: _____ Personal Email: _____

Parent Info:

Parent Name(s): _____ Cell Phone Number: _____

Parent Email: _____

Emergency Contact: _____ Relationship: _____

Emergency Contact Phone: _____ Alt. Phone: _____

School Information:

Next fall I will be a (circle): Freshman Sophomore Junior Senior

Estimated GPA: _____

I am trying out for (circle **all** that apply):

Freshman Cheer JV Cheer Varsity Cheer

If your score qualifies you for the JV or Varsity team, would you want to be placed on one of those teams and do you accept the increased costs, including Nationals?

Yes – JV Only

Yes – JV or Varsity

No – Freshman Team Only

If you do not qualify to compete (18 on Varsity 16 on JV) will you consider being an alternate which still requires you to attend all competitive practices and attend local meets? **Yes or No**

Parents, please review the Corona del Sol Cheerleading Contract and initial the following:

_____ I have read the Corona del Sol Cheerleading Contract and understand the commitment that is expected from my daughter/son.

_____ I have read the Corona del Sol Cheerleading Demerit System and understand the program's expectations.

_____ I understand that my daughter/son must maintain a minimum 2.5 GPA

_____ I understand that my daughter/son must put CdS Cheer commitments ahead of personal agendas, and schedule other activities around the cheer calendar.

_____ I understand that if my daughter/son quits/ is dismissed/or withdraws from the squad at any time there will be **NO** refund and I am responsible for any and all outstanding payments due. I also understand all school property, including but not limited to uniforms, must be returned in a timely manner. Failure to return uniforms will result in a charge to my daughter/son's student account for the full cost of the uniform(s).

Participant Signature: _____ Date: _____

Parent Signature: _____ Date: _____

* 2019/2020 grades are required at tryouts. Grades can be turned in at tryouts or emailed to cdscheerleading@gmail.com no later than 8/18/2020.

PLEASE NOTE: *Any returning members MUST return all uniform pieces and be in good financial standing with the cheer program to be eligible to tryout.*

Corona del Sol High School 2020-2021
Cheerleading Participant Agreement

INFORMED CONSENT AND ACKNOWLEDGMENT AGREEMENT

I/We _____, parent/guardians of
_____ who wishes to participate in the cheerleading tryouts for Corona del
Sol High School give our consent for her/him to do so.

We understand that our daughter/son is required to be in good physical condition and that the activities that she/he will be asked and expected to participate in, are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not limited to, a variety of gymnastic routines, including somersaults, back handsprings, back flips, aerials, and round-offs; and that there will be a variety of mounts and stunts requiring the coordination of more than one participant on the squad. It has also been explained to us that cheerleading activities have a high risk of injury, and that any of the routines involving participation of my daughter/son could lead to serious injury.

We represent to you that, to the best of our knowledge and belief, our daughter/son has no physical, medical, or mental disability or other limitations that would restrict her/his ability to fully participate in cheer squad activities.

By signing this agreement, we acknowledge that we fully understand the risk of serious physical injury involved with the sport of cheerleading and accept responsibility for this decision by giving our consent for our daughter/son to participate in the CdS Cheer program, including tryouts.

By signing this agreement, we acknowledge that there is a time and financial commitment that we are responsible for if our daughter/son is placed on the team.

In addition, we do not hold any cheer coach involved with CdS Cheer, Corona del Sol High School, or Chaperones liable for loss or damage of personal property or injuries to our daughter/son.

Parent/Guardian Signature: _____ Date: _____

PERSONAL CHEERLEADER CONTRACT

I have read, understand and agree to the cheerleader's responsibilities and the cheerleading demerit system. I know that it is a privilege to be a Corona del Sol High School cheerleader. I will abide by the rules and regulations outlined in the Cheerleader Contract. I understand that if I do not follow the rules, I will receive consequences/demerits that may include suspension and/or dismissal from the cheerleading squad.

I will cooperate fully with the coach, assistant coaches, captains, and all persons and organizations concerned to promote spirit and good sportsmanship at Corona del Sol High School.

At all times, whether at school or away from school, I will conduct myself in a manner that best represents the students and faculty at Corona del Sol High School and I understand the demerit system is used to hold all cheerleaders accountable by having a consistent disciplinary plan.

Signed: _____ Date: _____

Printed Name _____

PARENTAL PERMISSION

Our daughter/son, _____, has our permission to be a cheerleader and participate in all cheerleading related activities at Corona del Sol High School for the upcoming school year.

We have read and discussed with our child the guidelines and demerit system and we understand the responsibilities and commitment of being a cheerleader. We also understand the role we must assume as parents of a cheerleader and we will assist in every way to see that the rules and regulations are enforced. We will do our best to support the coaches and administration in decisions made throughout the season.

We understand that the school and coaches assume no responsibility for any accidents or injuries that might occur either at school, practice, or an event away from school grounds at any time. We understand that if an accident or injury may occur, we are ultimately responsible for taking our child to seek proper medical attention.

We understand that each cheerleader will be required to have a physical exam on file along with proof of current health insurance.

We agree to pick our child up within 10 minutes of their arrival to school, after away games, and practices.

We understand the cost, time commitment, and travel time involved with this activity. We understand that if our child is dismissed or quits the cheerleading squad, we will not receive any refunds for money paid for their uniforms, camp, competitions, or other costs associated with the activity. We further understand that we are responsible for any outstanding fees due.

We understand and support the demerit system and know it is used to hold all cheerleaders to the same guidelines by using a consistent disciplinary plan.

We do hereby give our consent and support for our child to be a cheerleader at Corona del Sol High School for the upcoming season.

Parent's Signature _____ Date _____

Corona del Sol Cheerleading Tryout - Coach Evaluation

This is a confidential evaluation for: _____

Thank you for participating in the selection process for the Corona del Sol High School Cheer Program for the 2020-21 season. We greatly appreciate your honest answers. This evaluation will count for 25 points of the overall tryout score. Your responses are helpful to us to ensure that the cheerleaders representing Corona del Sol High School are well-rounded, respected students and athletes within the community.

If you were a member of the Corona del Sol Cheer Program last season, you are not required to turn in this form.

**All tryout forms are due to the coaches by Tuesday, August 18th.

** Please scan or take a clear picture and email to CdSCheerleading@gmail.com

Please rate using the following scale:	Poor	Below Average	Average	Above Average	Excellent	Not Observed
Reliable: This candidate was at all scheduled events and practices and was on time/always prepared.	1	2	3	4	5	0
Team Member: This candidate works well with others. She/he showed respect to me, coaches, teachers, peers, and adults.	1	2	3	4	5	0
Attitude: This candidate is positive and encouraging at practices and games.	1	2	3	4	5	0
Willingness to Learn: Always striving to be a better cheerleader and acquire new skills.	1	2	3	4	5	0
Coachable: Great at taking constructive criticism and improving.	1	2	3	4	5	0

Additional Comments and Insights into this applicant:

Student's Name: _____ **Years Known/Coached:** _____

Coach's Name and Contact Info: _____

Coach's Signature: _____

Thank you for your time!

The CdS Cheer Coaching Staff

Total Points: _____