

HOLLY SPRINGS HIGH SCHOOL CHEERLEADING TRYOUTS 2015-2016

Coaches: Britney Kensmoe (Varsity)
Lyndsay Bui, & Tamara Young (JV)

hshscheer@gmail.com

REQUIREMENTS: (IN ORDER TO TRYOUT!)

- Must meet the WCPSS eligibility requirements for 2015.
- Must attend all two days of tryouts.
- Must have an updated Wake County High School Athletic Participation Form filled out, which includes a current physical examination and your completed tryout ticket.
- Must be ready to attend **all** practices beginning August 5th.
- Must be able to run a mile in under 9 minutes flat. (Day 1)
- Must turn in completed short essays on Day 1

CHEERLEADING TRYOUTS INFO- Cheerleaders REQUIRED on ALL days of tryouts.

All Days in HSHS Aux. Gym

- Monday, August 3rd Camp Day 1 – 8:00-11:00
- Tuesday August 4th Camp Day 2 – 8:00-11:00
- Final Tryouts 8/4 Tryouts – By sign ups (starting at 1:00)

CHEER TEAMS WILL BE POSTED BY 7:00 PM ON THE FRONT DOORS OF HSHS & ONLINE (on 8/4)

CHEERLEADING FINANCIAL OBLIGATIONS

The following is a list of items that will be required for this season. The amount due is based on what your cheerleader needs to purchase. The payment is due **August 7th- (at the parent meeting) no exceptions!**

REQUIRED FOR ALL HSHS CHEERLEADERS- Checks (payable to GHC or cash at meeting)

- Practice Attire \$75.00 (required for all cheerleaders)
- Hooded Sweatshirt \$30.00 (required for all cheerleaders)
- Miscellaneous: (bows, tattoos, paint supplies, etc.) \$75.00 (required for all cheerleaders)
- Bag \$70.00 (required for new cheerleaders)
- Stunt Clinic- \$30.00 (required for all cheerleaders)
- Camp fee- \$125 (required for all cheerleaders)

Required if new or do not already own- visit or Call Releve to order 919-854-4442 no later than 8/15!!!

- Warm-up Suit \$ 92 (jacket = \$49, pants \$43-required for new cheerleaders)
- Briefs \$17.00 (must get 2 pair- if you don't already own 2 purple pairs (JV) & 1 Purple 1 Black (Varsity)
- Poms \$30.00 (required for ALL cheerleaders)
- Infinity Cheer Shoes (if you don't already own a pair- price varies depending on the shoe).

**** VERY IMPORTANT **** Any cheerleader who makes a cheer team (JV or Varsity) will need to be at the following **mandatory** dates before school starts.

- Parent/Cheerleader Meeting: Friday August 7th, at 6:30
- Camp (travel)- Friday 8/21- Sunday 8/23 (Must be able to attend ALL camp dates)
- Attend All Practices : 8/5-Start of School (See Calendar below for times)
- Stunt Camp TBA
- CHEERLEADING CLINIC August 28th

HSHS Football, Basketball & Competition Cheerleading Tryout Expectations

Cheerleaders trying out for HSHS will be judged on the following categories: Game Day presentation, jumps, jumps to tumbling, tumbling, stunts, motions, dance, projection, completion of timed mile and essay.

***NOTE*- A toetouch backhandspring is required to make the JV team. A standing tuck is required for varsity.**

*8:00am Day 1 we are running a mile (outside) - please bring necessary shoes. Athletes will need to run a mile in under 9 minutes. If they do not complete the mile in 9 minutes, they will need to show up at 7:15am Tuesday 8/4 to try one last time.

Attire for tryouts:

- Plain shorts
- Plain tshirts (no cheer team logos)
- Proper cheer/tennis shoes with white socks below shoe line
- Hair secured up-ponytail.

ABSOLUTELY NO JEWELRY! NO EXCUSES! So do not get anything pierced that you cannot take out. Please make sure your nails are cut and unpolished.

Holly Springs High School Cheerleading Constitution 2015-2016

I. Philosophy

It shall be the purpose of the organization to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to promote good relations in the community, and to support the high school athletic teams. The organizational goal is to work in harmony with the coaches, faculty, athletic programs, student body, and the community of Holly Springs. The overarching goal is to provide valuable learning experiences, which will help the students become better citizens. Participants must understand the impact their behaviors can have on others based on their role as a student athlete. Therefore, high levels of leadership and character must be exhibited at all times.

II. Requirements

- A. All participants must meet all eligibility requirements mandated by NCHSAA. Failure to uphold those requirements will result in immediate dismissal from the squad. These NCHSAA academic requirements are as follows:
1. Must be enrolled in/pass three classes for credit toward graduation each semester.
 2. Must maintain a cumulative GPA of 1.5
- B. **Cheerleaders are required to turn in short essay response questions (typed). See below for prompts.**

Essay Topics: Please type and bring a copy of your answers with you to tryouts. Answer all prompts!

- **What does being a leader mean to you? In what ways (specifically) do you embody those traits?**
 - **What does being a team player mean to you?**
 - **How do you best handle conflict?**
 - **What are three weaknesses and three strengths you possess?**
 - **If you were on either team last year, did your skills increase? Why/Why not? If you weren't on the team- tell me what sets you apart from other cheerleaders.**
- C. Each cheerleader must be physically able to participate in long periods of vigorous activity without undue fatigue or pain. A 9 minute mile must be completed on Day 1 of tryouts. If athlete cannot complete the mile in under 9 minutes at any given time throughout the season, that athlete will sit until they can fulfill the skill.
- D. Each cheerleader must have on file a parental consent form, insurance information, and yearly physical.
- E. Respectful and cooperative attitude towards faculty, peers, and coaches.
- F. Abide by the rules and guidelines presented in this document. Cheerleaders should understand the spirit behind the rules and **any situation not covered specifically will be handled in the best interest of Holly Springs Cheerleading.**

- G. Booster club fundraisers are used to offset the expenses associated with cheerleading. Participation in fundraisers is mandatory. Concerns regarding payment of fees or camp(s) should be directed to the head coach. If fees and/or fundraising funds are outstanding, the cheerleader will not be entitled to any items or events that are provided by the booster club.
- H. Cheerleaders are required to raise sponsorship money for our Cheer Clinic - \$100 for JV & \$150 for Varsity.
- I. **If a cheerleader tries out with a certain skill set (example tumbling), but does not maintain those skill sets throughout the year- they will be suspended until their skills return.**

III. Safety

- A. Jewelry cannot be worn during cheerleading activities.
- B. Hair must be secured away from the face and off of the shoulders. No hard clips, etc... should be used.
- C. Fingernails must be short (can make a fist comfortably).
- D. No stunting or tumbling unless under the direct supervision of the coach.
- E. Appropriate clothing and shoes must be worn at all times.
- F. No chewing gum, etc... while engaging in cheer activities.
- G. Never perform stunts and/or tumbling during public appearances that have not been practiced to perfection.
- H. Cheerleading involves serious inherent safety/health risks, mostly due to stunting and tumbling. All safety guidelines must be followed to insure the utmost safety of all participants. Therefore, a coach should approve any new stunt and/or tumbling skill before it is attempted.
- I. Cheerleaders must be attentive and focused while engaged in cheerleading activities. This is especially important during basketball games due to the proximity of the cheerleaders to the game.
- J. Cheerleaders must report any physical problems to their coach as soon as the problem arises. Failure to do so could cause further problems and jeopardize the safety of others.
- K. Cheerleaders must obtain a doctor's release before resuming any cheerleading activity after an injury or illness requiring a doctor's visit.

IV. Appearance

- A. Uniforms and shoes should be well kept at all times.
- B. No excessive make-up is allowed and cheerleaders should refrain from primping in public (applying lotion, makeup, deodorant). Hair cannot be dyed an unnatural color.
- C. Short fingernails and only neutral/clear fingernail polish may be worn during performances/appearances.
- D. At all public functions, hair should pulled back neatly with the designated ribbon.
- E. Cheerleaders will be given a uniform schedule that will detail the appropriate uniform, bow, bloomers, and school attire to wear on game days. Game day attire is mandatory.
- F. Cheerleaders should exhibit mature and appropriate behavior at all public functions.
- G. Cheerleaders must change clothing in appropriate designated areas (restrooms/locker rooms – not in public areas).
- H. Phones should not be stored in the uniform or practice clothes.

V. Transportation

- A. Cheerleaders are required to ride the bus to and from away games/events, except for when scheduled to ride with their parent.
- B. All cheerleaders should wait on rides at the designated area. Coaches are required to stay with all participants until their rides arrive. Parents should make appropriate arrangements so that coaches are not waiting on rides.
- C. A cheerleader is not allowed to drive to an away function.

VI. Conflict Resolution

- A. Communication is key for success of the program! If a problem or concern arises, it is important that the appropriate chain of command is followed. Chain of command: 1st – Cheerleader to Coach, 2nd – Cheerleader to Coach, 3rd- Parent to Coach, 4th-Coach to Athletic Director, 5th –AD to Principal.

VII. Attendance

- A. Cheerleaders are not allowed to attend practice or football/basketball games if they have missed more than three periods of school (certain circumstances are approved by NCHSAA – example funerals; any exception must be approved by the administration).
- B. A cheerleader must have a doctor's excuse on every missed function after the second absence. Missing a function due to a regular check-up does not count. Parents must schedule regular check-ups around cheerleading activities.
- C. **PARTICIPATION IN OTHER ACTIVITIES OR JOBS SHOULD NOT INTERFERE** with your role as a HSHS cheerleader. If a cheerleader misses practices or games for other activities/work- they will sit out at the next home game. If more than two events are missed due to activities/work- the cheerleader will be dismissed from the team. Do not ask if it is okay to miss. In the event make-up or playoff games are scheduled, attendance is required!
- D. **CHEERLEADERS MAY NOT TAKE DRIVERS ED DURING OUR CHEER SEASON (AUGUST-FEBRUARY).** **Cheerleaders will be dismissed from the team if they miss for drivers ed. Spring/Summer options available**
- E. Failure to attend a cheerleading function, including practice, without notification of the coach is a serious problem and will be dealt with accordingly.
- F. Punctuality is vital. Tardiness will not be tolerated. Early is on time; on time is late; and late has consequences. **Cheerleaders will stay after practice to condition if they are late- no exceptions.**
- G. Any cheerleader who is unable to participate due to health reasons is still considered part of the team and is expected to attend all functions. For games, injured cheerleaders should wear warm-ups.
- H. **Mandatory practices begin August 3rd. Practice/event schedules will be sent home in advance so that conflicts may be avoided.**
- I. When absent from school, or checking in/out on the day of an event, the coach should be notified ASAP.
- J. Each year we do a community service project- TBD- attendance is MANDATORY for the project!

VIII. Uniforms

- A. Cheerleaders must be in proper "uniform" (uniform, warm up, practice uniform) attire at all times. If a cheerleader wears something different to school on game days, they will not cheer at the game.
- B. All uniforms are school property. If lost, damaged, or stolen the cheerleader is responsible for paying replacement costs.
- C. Care of uniforms is to be excellent at all times.
- D. Do not let anyone borrow your uniform or spirit wear (t-shirts, jackets, sweats, etc).
- E. Uniforms must be washed prior to returning at the end of a season.
- F. If performing alterations on your uniform- DO NOT CUT THE MATERIAL. If you cut material off of your uniform, you will be responsible for the cost of the uniform (\$250.00)

IX. Game Suspension and Dismissal from Program

- A. *****3 Day Incident Policy*****- If a cheerleader gets assigned in school (CLC) or out of school suspension, or in trouble with the law (anything besides a standard traffic violation), they have 3 days to bring it to the attention of the coach.
- B. Out of school suspension will result in dismissal from the program.
- C. Unexcused absences for any cheerleading function will result in a one game suspension.
- D. If a cheerleader is benched (suspended) for a game, she must sit alone with the coach and be in uniform.
- E. Failure to uphold the spirit of this constitution can result in extra conditioning, suspension, and/or dismissal. The degree of punishment will depend on the frequency and magnitude of the infraction(s) and prior discipline history.
- F. Once a cheerleader quits a squad or is removed from the squad, she is no longer part of the HSHS cheerleading program and will lose all privileges.
- G. Cheerleaders will be pulled from the line-up if they are acting inappropriately, performing below expectations, and/or they do not know material. Failure to correct will result in dismissal.

Dedication, Positive Attitude, Commitment, and Consistency of Skills are necessary for BOTH teams to be Successful! I expect every child and every parent to be respectful to all coaches and teammates. I will not accept disrespect!

Please remember by trying out you and your parents are agreeing to the expectations of this program. I will strongly discourage any negative gossip or discussions that are taking place about this program. We operate as a family and have for 6 years. It is a privilege to be on this team, and you need to be the biggest supporters of Holly Springs and our cheerleading program. Remember, you choose to tryout knowing the expectations so please don't complain about them!!!

*****I CAN NOT STRESS ENOUGH HOW MUCH OF A TIME COMMITMENT AND FINANCIAL COMMITMENT THIS SPORT IS, IF YOU FEEL FOR ANY REASON THAT YOU WILL NOT BE ABLE TO BE FULLY COMMITTED FOR THE ENTIRE YEAR OR IF YOU DO NOT AGREE WITH THE EXPECTATIONS, IT WOULD NOT BE IN YOUR BEST INTEREST OR THE TEAM'S BEST INTEREST FOR YOU TO TRY OUT THIS YEAR.**

AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Tryouts 8-11	4 Tryouts 8-11; 1-until	5 JV: 8-10 V: 7-9	6 JV: 8-10 V: 7-9 am	7 V: 7-9 am Parent meeting 6:30	8
9	10 JV: off V: 7-9 am	11 JV: 8-10am V: 7-9 am	12 JV: 8-10am V: 7-9 am	13 JV: 8-10am V: 7-9 am	14 JV: off V: 7-9 am	15 JV activity TBD
16	17 JV: off V: 7-9 am	18 JV: 2:30-5 V: 2:30-5	19 JV: 2:30-5 V: 2:30-5	20 JV: 2:30-5 V: 2:30-5	21 LEAVE FOR CAMP 6:00am!	22 BEACH CAMP!!!
23 Come home!!!	24 First day of school!!!! ☺	25 JV: 2:30-5 V: 2:30-5	26 JV: 2:30-5 V: off	27 JV: 2:30-5 V: 2:30-5	28 Cheer Clinic stay after school!	29
30	31 JV: off V: off	1 JV: 2:30-5 V: 2:30-5	2 JV: 2:30-5 V: off	3 JV: GAME school by 4:30 V: 2:30-5	4 JV: off V- game, school by 5:30	5

Competition Dates - will be finalized by parent meeting in August!

Prestate Competition: Nov 7 at Sanderson (JV and Varsity)

NCHSAA- Dec 5 at Raleigh Convention Center (JV and Varsity)

SWake- Dec 10th at Green Hope High School (Varsity only)

Wake County- Jan 30 @ Athens Drive High School (JV and Varsity)