

Mentor High School Cheer Tryouts 2022-2023

You must be a student entering grades 9-12 in the 2022-2023 school year to cheer on the high school Freshman, Junior Varsity, and Varsity squads. Squad numbers are determined at the coaches' discretion. This applies to the Freshman, Junior Varsity, and Varsity squads.

Tryout Meeting:

What: Cheerleaders & a parent are asked to attend. Coaches will review tryout information and expectations for the upcoming season.

Dates: Monday April 11th

Time: 7:00 pm

Where: Mentor HS in "A" lecture hall

Optional Coaches Clinic:

What: Learn motion & jump techniques needed for tryouts from the coaching staff.

Date: Thursday April 21st

Time: 4:45-6:45 pm

Where: Mentor HS Auxiliary Gym

Fee: \$10 (cash) per cheerleader

Tryout Clinics:

What: These clinics are open to students in grades 8-11 that will be trying out for cheerleading at Mentor High School for 2021-2022 seasons. Required tryout material will be taught and reviewed by alumni cheerleaders on these dates. No fees will apply.

Dates: April 25, April 26, and April 27

Time: 4:45-6:45

Where: Mentor HS Auxiliary gym

Tryouts:

What: These tryouts are for all students interested in cheering on a Mentor High School squad. Participants will be scored on a variety of related material.

Dates: Saturday April 30, 2022 (Incoming Freshman) and Sunday May 1, 2022 (Upperclassmen)

Time: The main gym doors will open at 8:30 and tryouts will begin at 9:00am

*Approximate times will be assigned to each group in advance. Participants should arrive no later than 30 minutes prior to their scheduled time so that they have time to stretch and review material with their group prior to their tryout.

Where: Mentor HS Cafeteria (check in and warm up)

General Guidelines:

1. You will not be allowed to participate in tryout clinics or tryouts if you fail to complete the following forms by their deadlines.
 - a. **Cheerleader EXPECTATION form**, which is on **page 15** of this document- **MUST BE SIGNED AND RETURNED NO LATER THAN Thursday, April 14th**
Freshman & upperclassmen can bring it to the parent meeting on Monday April 11th 7pm (in A lecture hall at the high school).
 - b. **Cheerleaders Preference Form** (google form)- will receive the night of the parent meeting and MUST be completed and filled out **NO LATER than Wednesday, April 27th (last day of clinics)**. [LINK](#)
2. Clinics are held for the benefit of each participant. You will review jumps and review the cheer, dance, and fight song (for incoming freshman). Current high school students must create a chant for their group instead of performing the fight song.
3. Tryout groups will consist of **no more than two members**.
4. Please arrange for your transportation to arrive promptly after clinics and tryouts.
5. All personal belongings are your responsibility.
6. Dress for tryouts includes a **plain white shirt, dark shorts** (i.e. soffe), and **appropriate shoes**. Shorts and shirts should conform to MHS dress code and be **free of any logos and/or graphics**. ALL jewelry must be removed, this includes belly button rings! All body art must be covered! All hair should be pulled up and off your face. Do not wear excessive makeup. Do not roll the waist of your shorts. Shirts are expected to be tucked in neatly.
7. Students selected for the MHS cheerleading squads should refrain from getting new piercings or body art or dyeing their hair unnatural colors prior to or during the season. These will not be acceptable to have during the season and will need to be removed, covered, or changed.
8. Judging will take place on the scheduled dates.
9. Tryout participants must be in school at least a ½ day to participate in **tryout clinics**. Participants must also **be in school a ½ day on the Friday prior to tryouts** in order to be eligible to participate.
10. Copies of the Cheerleading Rules, Procedures, and Policies are attached in this packet. Before you commit to trying out, you need to **read and sign** all information carefully and be aware of your commitments and responsibilities to your squad and school.

ELIGIBILITY:

An eligible participant is defined as a participant who meets the performance, academic, and commitment expectations of that squad. Once you make a squad, you are considered a Mentor High School Cheerleader until the following year's tryout and are responsible for adhering to all rules set out in the Mentor High School Student Handbook, Mentor High School Code of Conduct and Mentor High School Cheerleading Rules, Procedures, and Policies.

Academic Eligibility:

In order to participate on a fall squad you must have a minimum of a 2.0 grade point average at the end of the most recent grading period (4th quarter of the previous school year) and passing 5 one-credit classes.

In order to begin participation with a winter squad you must have a minimum of a 2.0 grade point average at the end of the most recent grading period (1st quarter of the current school year) and passing 5 one-credit classes.

Both fall and winter squads must maintain this 2.0 grade point average and pass 5 one-credit classes throughout their entire season, including playoffs. Grades will be monitored on a regular basis. If grades drop below the minimum grade point average, athletes will be benched (sitting with the coach while dressed in full uniform) until grades are brought up to the minimum standard and their position on the team will be reevaluated at the coaches' discretion.

For further athletic eligibility and participation guidelines (including probation procedures), please refer to the Athletic Handbook. It is available online at the Mentor Schools website (www.Mentorschools.net)

Behavior Eligibility:

As a cheerleader you are an ambassador of Mentor High School and are expected to conduct yourself in a positive manner and adhere to all school/ cheerleading rules. Failure to do so will result in the athlete being benched (sitting with coach while dressed in full uniform) and/ or their position on the team being re-evaluated at the coaches' discretion. This includes, but not limited to inappropriate postings on all social medias, inappropriate comments, inappropriate behavior in and out of school, etc.

Specific Squad Eligibility:

Incoming **Freshman** are ONLY eligible for participation in the Freshman squads.

Those students that will be **Sophomores** or **Juniors** are eligible for participation on the JV or Varsity squads.

Students entering their **Senior** year are ONLY eligible for participation on the Varsity squads.

TIME COMMITMENT OF THE CHEERLEADING PROGRAM:

Cheerleaders are expected to attend all practices, conditioning, choreography sessions, events, concessions and competitions pertaining to their season(s).

Absence Policy:

Participation in practice and games is mandatory. Missed days will result in consequences. A doctor's note is the only acceptable excuse for missing a practice, game, competition, or any other mandatory event.

- Unexcused at a practice = benched one quarter
 - Late to practice/game or leave early = sit the amount late/left early at a practice/game
 - Unexcused absence at a game = benched one game
-
- **Vacation is not an acceptable excuse to miss practices or games and you will be given disciplinary actions according to what is missed during those days out.**
 - **Outside sports or activities are not an acceptable excuse to miss practice or games and you will be given disciplinary action according to what is missed during those days out.**

****Certain circumstances will be taken into consideration on an individual basis and will be left to the coaches' discretion.**

***If you are benched at a game, you are expected to sit in full uniform next to coaches.**

Duties off the Court/Field:

Cheerleaders will be expected to participate in PR and charity events and other activities in addition to those that are regularly scheduled. These events and activities will be added into the schedule as the season progresses. It is mandatory to work a concession stand (in each season for double teamers) which is assigned to us by the Cardinal Parent Club. Senior cheerleaders must work a minimum of one concession prior to the end of their regular season or they may sit out of playoff games.

Cheerleading Camp:

Camp is mandatory. Costs, dates, and times TBA.

Choreography camp for football cheerleaders will be held during the month of June and basketball cheerleaders will be held a weekend in September or October. Failure to attend one or all of these days could result in disciplinary actions. Campwear will be ordered prior to camp and must be paid in full before the end of May.

If you are injured or become injured during camp you will **NOT** be choreographed into the routine until cleared with a doctor's note.

Financial Commitment:

All students selected to participate on the cheerleading squads will need to pay a \$200.00 athletic participation fee and if you cheer both Football and Basketball season a second Pay to play will be added to your account for \$50.00. They will also be required to pay for their briefs, socks, shoes, spirit wear, poms, clinic fees, choreography. If they elect and are chosen to participate in competitions, they will be responsible for any choreography fees, competition fees, overnight expenses, and additional uniform costs that may be incurred. Please be aware of these financial obligations before you commit to trying out. **Fundraising opportunities may or may not be offered to defray costs. ALL cheerleaders are required to participate fully in ALL fundraising activities that benefit the squad. Coaches are not responsible for organizing fundraising activities. These are organized and run by parent volunteers.**

If you should make the team you will need to bring in a \$100 check or cash to the Mandatory Parent meeting held shortly after Tryouts. Checks should be made out to the Cardinal Parents Club. This money is for a deposit on spirit wear.

SQUAD SELECTION CRITERIA:

Squad Preferences:

Preferences per squad choice will be considered by the coaching staff but does not equal a guarantee of first choice. Extra-curricular conflicts will be strongly considered.

Football season is August 1st through the final regular season game in October and may last through the beginning of December should the team advance through the playoffs.

Media Day for the football teams and cheerleaders is usually the **first Saturday** of August. You **must** attend practice the week prior, including **extra** scheduled evening practices on the football field, to be able to perform at Media Day

Basketball season is November 1st through the final regular season game in the middle of February and may last through the middle of March should the team advance through playoffs. Be aware that spring break usually falls around play-offs for basketball

PLEASE MAKE SURE YOU DON'T TAKE VACATIONS DURING YOUR SEASON INCLUDING LONG WEEKENDS OR BREAKS. SEE COACHES FOR CLARIFICATION IF YOU ARE UNSURE.

*Please note that preseason for **football** cheerleaders **begins in June**. Preseason for **basketball** cheerleaders begins the **last two weeks of October**. Preseason practices are not mandatory, but you are highly encouraged to attend and absences could affect squad line and halftime routine formations.

Double teaming:

Double teamers will be chosen based on willingness to participate as a double teamer, behavior, commitment throughout their season, attitude toward others, and attendance both in school and during their cheer season (if applicable). If you are chosen to double team you must be willing to commit a full year to the program.

Squad Posting:

- All students trying out must provide an email address to the coaches prior to tryouts.
- Tryout participants will find out their results via email.

Skills Scored at Tryouts**Judging/Performance/Scoring Selection:**

Judges will score participants in the following areas:

- Basic Tumbling skills
- Toe Touch
- Herkie
- Hurdler
- Double Toe Touch
- Group Cheer
- Group Dance
- Fight Song (incoming Freshman)
- Self-created chant (for current high school students only)
- Showmanship/Appearance

Points for Coachability

- Grades (rolling GPA)
- Attendance (both for school and/or cheer)
- Commitment/Deadline
- Coachability

If cheerleader hasn't cheered for MHS in the past, Coachability will be based on Teacher/ Coach recommendations- a QR code will be provided at the parent meeting**

Scoring Tumbling

Athletes may choose up to one standing and one running skill from the lists below.

Standing Tumbling

(choose your highest level skill to perform- skills are listed in order of difficulty)

- Walkover (front or back)
- Back Handspring-
(knees straight, feet together, good snap down, etc.)
- Toe Touch-Back Handspring-
(knees straight, feet together, good snap down, etc.)
- Standing Tuck-
(good height, no steps in landing, no hands down in tuck, etc.)

Running Tumbling

(choose your highest level skill to perform- skills are listed in order of difficulty)

- Roundoff Back Handspring (single or multiple)-
(knees straight, feet together, good snap down, quick/smooth connection between round-off and handspring)
- Roundoff Tuck/Layout or Roundoff Back-handspring Tuck/Layout-
(knees straight, feet together, good snap down, quick/smooth connection between round-off handspring and tuck/layout, good height, no steps in landing, no hands down in tuck/layout, etc.)

***All tumbling skills performed at tryouts are expected to be performed during the season on the field/court. Failure to perform these skills will result in disciplinary action at the coaches' discretion.**

**ALL QUESTIONS AND CONCERNS SHOULD BE BROUGHT TO THE ATTENTION OF THE
COACHES PRIOR TO TRYOUTS**

Contact Information:

JV/ Varsity Cheerleading:

Coach Lindsey Berdysz: berdysz@mentorschools.org

Freshman Cheerleading:

Coach Michelle Ritchey: ritchey@mentorschools.org

Rules, Procedures, and Policies for Mentor High School Cheerleaders

Warm-Up/Practice:

1. Arrive on time and begin warming up with the squad.
2. If needed, see the trainer as soon as school is over and report to practice immediately after treatment.
3. Appropriate dress is required to participate:
 - a. Shorts (DO NOT ROLL) or sweatpants
 - b. T-shirts, sweatshirts, or tank tops (no spaghetti straps/ crop tops)
 - c. Tennis Shoes
 - d. Socks
 - e. Hair pulled back
 - f. Jewelry is prohibited except stud earrings at the coaches' discretion. Body art must be covered.
 - g. Any braces, wraps, etc. needed for current/previous injuries
 - h. Bottle of water
4. Follow the warm up routine lead by captains
5. Soda, gum, and food are prohibited
6. Cell phones are prohibited (without permission)
7. Keep chatter to a minimum

***Failure to comply with these rules will result in consequences**

Games/Competitions/Events:

1. FOLLOW ALL SCHOOL RULES AS OUTLINED IN THE STUDENT HANDBOOK AND ATHLETIC CODE OF CONDUCT.
2. Cheerleaders must be present at **least half a day of school** to participate in a same day/next day activity (in the event that they are not, the cheerleader, if able, is expected to attend the game in uniform and sit with the coach).
3. Arrive at the time designated by the coach. When a bus is provided, no cheerleader regardless of age is permitted to drive themselves to any out of district event or competition in compliance with OHSA rules. Drivers must be their parents or there must be a pre-approved carpool situation agreed upon in writing by the parents of both parties involved prior to the game, event, or competition. **The coach must be made aware of all carpooling situations in writing at least 24 hours prior to the activity.**
4. Cheerleaders must report to the game with all pieces and parts of uniform (including outerwear ,Bow, Poms, socks and shoes). See the uniform sheet for questions. Failure to comply with this rule will result in automatic removal for a

minimum of one quarter of the game up to an entire game at the coaches' discretion. (unless can obtain these items prior to the game)

5. Cheerleaders will arrive at the designated time.
6. Hair and make-up is to be done PRIOR to arriving at games and events NOT AT GAME/EVENT.
7. Do not acknowledge or participate in any inappropriate behavior or cheering in the stands by others. You are a representative of this school and are expected to act accordingly.
8. Do not talk with fans, friends, students, parents, etc. during games. Conversation between squad members during games should be brief and pertain to chants and cheers.
9. Do not engage in any type of public display of affection in uniform.
10. Water breaks at games may be taken as needed in between quarters and halves when not performing.

11. The following actions and items are prohibited

- a. Eating during a practice or activity/drinking soda/chewing gum
- b. Wearing jewelry or **fingernail polish** or visibly showing body art
- c. Wearing any non-issued uniform items unless approved by the coaches ahead of time..

12. Captains will call cheers at games

13. Spiriting, jumps and tumbling are expected for ALL successful plays at games.

14. Know what is happening at games (familiarize yourself with the rules of the game).

15. Buddy system

- a. **Cheerleaders must ask a COACH for permission to leave the cheering area**
- b. Cheerleaders must ALWAYS be escorted by at least one "buddy"

16. Know the routine and cheers that will be performed. Failure to do so will result in sitting until the cheerleader can show they know all material.

- a. Do not laugh and draw attention to yourself if you make a mistake
- b. Smile, be energetic, and spirited
- c. NEVER SIT OR STAND UNENGAGED for any extended period of time
- d. Practice at home

17. **All** cheerleaders must participate in helping with at least 1 concession stand **per season** when assigned to the squad(s).

18. **All** cheerleaders must participate in the fundraising opportunities/events and put forth effort to raise funds for the squads.

19. **All** cheerleaders who tryout with a tumbling skill(s), **MUST** use the same skill(s) during events and within routines at coaches' discretion and when deemed safe.

***Failure to comply with these rules will result in disciplinary action.**

Uniforms:

1. Cheerleaders will wear the same agreed upon team attire during the school day and at games/competitions (no substitutions or deletions) Failure to comply with this rule will result in automatic removal for a minimum of one quarter of the game up to an entire game at the coaches' discretion.
 2. Sports bras or bras must be **white** (No Exceptions) (Varsity basketball must also have black for the black uniform)
 3. Socks must be no-show solid white ONLY (unless approved by coaching staff)
 4. Briefs must be solid red with no exceptions
 5. Uniform is to be kept clean at all times, including shoes
 6. **Fees will be issued for any items needing repair or cleaned.**
 7. Uniforms can be temporarily altered with coaches approval and are at the expense of the cheerleader. **ALL alterations MUST be TEMPORARY and removed at the end of the season.**
 8. Uniforms will be returned by date issued by the coach. After one week, fees will apply. If the uniform is returned unwashed, it will be returned to you and will need to be cleaned. If this is still not done, you will be charged a **\$25** cleaning fee. If the uniform is not returned or returned damaged, you will be charged for the replacement of the uniform.
 9. Uniforms ARE NOT to be lent to any non-cheerleader this includes HALLOWEEN.
 10. Cheerleaders will wear their hair in the same style for all events to be decided by either **captain or coach**. Approved hairstyles are as follows:
 - a. High ponytail with bows (hair must be off the face)
 - b. Low ponytail with bows (hair must be off the face),
 - c. **Half up/ Half down must be approved ahead of time by the coaching staff (for special occasions)**
- *All hair must comply, if not, cheerleader will redo at the coaches' request
11. Nothing unnatural (including unnatural hair color or hair accessories including but not limited to feathers, and/or unnaturally colored extensions) will be permitted during the season. Use good judgment.
 12. Make-up policy:
 - a. Natural makeup (nothing in excess)
 - b. Glitter in moderation
 - c. Clear Nail Color **ONLY** (French Manicure if approved by Coach)
 - d. Keep length of nails short (so you are able to make a fist properly)

***Failure to comply with these rules will result in a minimum of one demerit or removal for a minimum of one quarter up to an entire game at the coaches' discretion.. If 3 or more demerits are accumulated during the season it will result in up to a one game/competition suspension.**

Absences:

Participation in practice and games is mandatory. Missed days will result in consequences. A doctor's note is the only acceptable excuse for missing a practice, game, competition, or any other mandatory event. ***No notification of an absence (i.e. sick) will be considered unexcused**

- Unexcused at a practice = benched one quarter
 - Late to practice/game or leave early = sit the amount late/left early at a practice/game
 - Unexcused absence at a game = benched one game
-
- **Vacation is not an acceptable excuse to miss practices or games and you will be given disciplinary actions according to what is missed during those days out.**
 - **Outside sports or activities are not an acceptable excuse to miss practice or games and you will be given disciplinary action according to what is missed during those days out.**

****Certain circumstances will be taken into consideration on an individual basis and will be left to the coaches' discretion.**

***If you are benched at a game, you are expected to sit in full uniform next to coaches.**

***You are responsible to attend all last minute games and practices unless given permission in advance from the Coaches**

***Certain circumstances will be taken into consideration on an individual basis and will be left to the coaches' discretion.**

Disciplinary Actions:

***Failure to comply with The Mentor High School Cheerleading Rules, Procedures, and Policies may result in a number of consequences deemed appropriate by the coaching staff, which includes the following but is not limited to:**

- a. Individual meeting with the coaching staff (prior to or after practice, not during)
- b. Removal from part or all of the game, event, or competition
- c. Dismissal from squad

Lettering requirements:

Cheers at least 50% of the regular season games. All seniors will receive a varsity letter at the completion of the end of the season. If removed for any reason at any time, they forfeit lettering. Under extenuating circumstances of injury, etc. a coach's decision will be made on lettering eligibility.

Overview

We stand by the belief that our players are "**STUDENT** Athletes". Therefore, you are considered a student first. It is understood that cheering for Mentor High School is a privilege and not a right. These team rules may be enforced as an addendum to or addition to the Mentor High School Athletic Code of Conduct with regard to behavior at the discretion of the coaching staff and school administration.

Academics

- All cheerleaders are to remain eligible and complete all assignments necessary to remain eligible. You must maintain a 2.0 throughout your season and be passing all classes. Above all else you are a **STUDENT** Athlete.

Absences

- All cheerleaders will report to games and practices in appropriate attire and with all required equipment at the appointed time.
- The coaching staff needs to be informed of any absences ahead of time, if possible.
- See packet for rules on absences (including vacations), tardies and leaving early

Attitude

- Mentor cheerleaders and captains will foster an attitude of respect for each other and attempt to make each other the best cheerleaders and captains that they can be. This will apply both on and off of the field/court. No cheerleader should consider themselves to be above or better than any other squad member.

Drugs/Alcohol/Tobacco

- Drugs/alcohol/tobacco are prohibited and may result in immediate suspension or termination from the team, and any cheerleader in possession of any of these substances is subject to discipline from the school.

Social media

- Any inappropriate posting, comments or behavior on social media may result in immediate suspension or termination from the team, and may be subject to disciplinary actions from the school.

Appearance

- Please see the rules packet

Outside Activities

- Cheerleaders may not participate in any other conflicting sport or activities outside of cheerleading for the length of the season. You are making a pledge to your squad to perform to the best of your abilities, and by participating in non-season

conflicting sports/activities you are compromising your duties as a member of the squad.

Cheerleader Expectations Form

I have read and understand the rules, policies, procedures, and consequence system which will apply to all Mentor High School Cheerleaders. I understand that failure to comply with the rules and policies set forth may result in dismissal from the cheer squad. In addition, cheerleaders may be involved in challenging athletic activities throughout the season. They will be responsible for acting in a safe manner and abiding by all rules and regulations. School authorities will exercise reasonable caution to avoid injury. If an injury should occur, I understand that the coach, school, school district, school authorities, athletic director, and clinic instructors assume no financial obligation.

Student Signature: _____

Date: _____

Student Name (print): _____

Grade Level for **Upcoming School Year** (2022-2023) _____

Parent Signature: _____

Date: _____

Parent Name (print): _____

