

Liberty Park Basketball Cheerleading

Welcome to Liberty Park Basketball Cheerleading! The focus of this program is to cheer on various Liberty Park sports teams as well as develop and improve cheerleading skills. Basketball cheerleaders are expected to be a leader within the school and community. This means remaining in good academic standing, and presenting themselves as respectful, hardworking, and kind. Throughout the year, basketball cheerleaders will participate in summer cheer camp, Camp Pedro, all pep rallies, and various fundraising activities. Basketball cheerleaders will cheer at all 7th grade football games, most home basketball games, and the basketball metro tournament. We will practice after school twice a week. You must remain a part of the team for the full academic school year.

Additional Information:

Please consider the following information before making the decision to try out.

- **Practice-** Attendance to all practices is mandatory.
 - If a cheerleader becomes sick during school and needs to check out early or miss practice, they must notify Mrs. Sittason as soon as possible and bring a doctor's note upon returning to school.
 - Any unexcused absence from practice will result in sitting out at the following performance. (Excused absences can result in missing part of a performance if deemed unsafe by the coaches.)
 - A meeting will be held after tryouts to further discuss practice dates and times.
- **Camp-** All cheerleaders must attend cheerleading summer camp (late July or early August)
- **Expenses-** All elected cheerleaders will pay their own expenses for camp, uniforms, etc.
- **Transportation-** Parents must provide transportation for all cheerleading events when needed.
- **Grades-** All cheerleaders must meet the academic requirements according to the Alabama High School Athletic Association. Grades will be checked before tryouts.

Tentative Budget for 2021-2022

* Please remember that this is a tentative budget and is subject to change.

* A \$300 deposit non-refundable will be due on April 26th.

Item	New	Returning
Clinic Cost	\$30	\$30
Camp	\$450	\$450
Uniforms	(2 uniforms) Approximately \$320.00	\$0
Shoes	\$75 (1 pair)	\$75 (1 pair)
Practice Clothes(2 shirts 2 shorts)	\$60	\$60
Accessory Package: Blue body suits (2), poms, red/blue bloomers	New: \$100	Returning: \$0
Game Day Wear	T-shirt, Sweatshirt or Sweatpants (\$30)	T-shirt, Sweatshirt or Sweatpants (\$30)
Cheer Bag	\$50 (Backpack)	\$0
Bows	\$5	\$5
Equipment Fee	\$75	\$75
Big Little Party, Christmas Dinner, Banquet etc.	\$50	\$50

CHEERLEADER TRYOUT PROCESS 2021

Remind 101

- Join the Remind 101 to receive clinic updates and reminders!
- Text @ssitta to 81010

CLINIC/EVALUATION--Required for all trying out for cheerleader

Tuesday, 4/20 Wednesday, 4/21 Thursday, 4/22

Time: 3:15-4:30

TRYOUTS

Clinic Material, Tumbling, Jumps Friday, 4/23

Grades 6-7

Time: 3:15 - around 4:30

TRYOUT FEE and Paperwork

- Fee: \$30 (Online Payment DUE APRIL 12TH)
- All clinic attendants must have (DUE APRIL 12TH to Mrs. Sittason E143):
 - ALL DRAGONFLY MAX REQUIREMENTS
 - Up To Date Physical
 - LPMS Cheer Commitment form
 - Stunt/tumbling policy

Tryout Results

- Results will be posted on the front doors of the school.
- Coaches will not know any names or numbers when selecting the number of team members.
- We will go with the break in scores that is most functional for the team.
- Both judges will be provided by a 3rd party company that ensures judges do not know anyone from our area.

2021 Basketball Cheerleading Tryout Clinic

- Each candidate MUST arrive on time and attend in its entirety. The tryout clinic allows the candidate to learn the material and skills necessary for trying out.
- Clinic Attire- Candidates must wear shoes, shorts, and a shirt that are suitable for athletic activity. Hair should be pulled back in a ponytail and no jewelry is allowed.
- Tryout Attire- Candidates must wear a white tank, red shorts, white no-show socks, white cheer shoes, and a white ribbon.
- If a candidate is absent from the tryout clinic, a doctor's note must be submitted to the coach on the day the candidate returns. Only illness and other emergencies excuse candidates from missing any portion of the tryout process. The candidate is responsible for learning the missed material on his or her own time. Any tardiness or unexcused absence(s) to any portion of the tryout process will affect the candidates' tryout score.
- Videos will not be accepted in lieu of a formal tryout. However, if a candidate is injured and cannot complete certain skills, a detailed note from a sports medicine doctor must be provided. The note must detail specifically what skills cannot be performed and why. If deemed injured, a video can be submitted for evaluation. The video can only show the required elements of stunting, tumbling, and jumps. The cheer/dance portion of tryouts must be performed to the best of their capability at tryouts. The video segment must be edited to show only the segment that is being judged. The skill must be performed on a cheer mat, gym floor, track, or field (AACCA /AHSAA safety guidelines for high school cheerleading). Performances on a spring floor, rod floor, tumble track, etc. will not be accepted.

2021 Basketball Cheerleading Important Dates

*Clinic Fee- \$30 Due April 12th

*Payment link: <https://vestaviahillsal.csiepay.com/Views/Payment/Pay.aspx>

Choose the cheer tab and then select Basketball Cheer Clinic.

*Clinic Paperwork due April 12th to Mrs. Sittason Room E143

4/12	CLINIC PAPERWORK DUE
4/20	Clinic 3:15-4:30- Learn first part of dance and cheer; tumbling; jumps
4/21	Clinic 3:15-4:30- Learn second part of dance and chants; tumbling; jumps
4/22	Clinic 3:15-4:30- Review material; mock tryout demo
4/23	Tryouts- Begin at 3:15
4/26	Parent Meeting for parents of the 2020-2021 basketball squad 5:00 in Mrs. Sittason's room (E143). \$300 deposits are due (goes to camp).
End of July	Home Camp
8/2-6	Back to School Practice

Liberty Park Basketball Cheerleading

Name: _____

I am aware of the following commitments:

- 4/27 Parent Meeting and \$300 non-refundable deposit due!
- Late July Home Camp
- 8/2-6 Back to School Practice

Parent Initial	Applicant Initial	
		I understand that I will have to sit out at a performance for failure to meet grade requirements of a C average, improper attire at games/practice, improper attitude, poor behavior in school, tardiness, and absences.
		I understand that as a Basketball Cheerleader, I am expected to be a leader. This means using appropriate behavior at school, outside of school, and on social media.
		I understand that all practices are mandatory and will communicate with Mrs. Sittason as soon as possible when I will be unable to attend (ex. Illness and death in the family). I also understand that if I am not at practice the week of a performance, I may not be able to perform.
		I understand that camp, all games, and events are mandatory and will communicate with Mrs. Sittason as soon as possible when I will be unable to attend (ex. Illness and death in the family).
		I understand that cheerleading, as in the case of all sports, involves a certain risk of physical injury, despite all reasonable and appropriate safety measures that are in place to prevent such injuries.
		I understand that there will be skills checks on performance material. Failure to pass a skills check, can result in sitting out of a performance. Multiple opportunities will be given to pass each skills check.

Student Signature: _____

Parent Signature: _____

TRYOUT SCORE SHEET

CHEER-25 points

(Motions-sharp/clean/ correct placement; Presence- crowd involving/natural confidence/high energy/ use of signs/timing; Voice- knowledge of material; inflection; Skills-jumps/back handspring/back tuck)

- **Cheer**- everyone will perform a cheer (in their tryout group).
- **25 Points**

JUMPS- 20 points

(Approach-sharp/correct placement; Height-level/extended; Body Position-torso, legs, arms, pointed toes/flexibility; Landing- controlled/feet together) * See further requirements/optional skills page.

- **10 points -Toe Touch**
- **10 points- Optional Jump**--Must be a jump other than a toe touch, a double jump or a jump connected to a back handspring or tuck. Ex. Front hurdler, Toe-Touch/Front Hurdler, Toe-Touch/Back handspring.

DANCE - 25 points

(Motions-sharp/clean /correct placement; Presence-confident/energetic/crowd engaging)

- **Everyone will perform a dance (in their tryout group)**
- **20 points-Dance**

TUMBLING- 10 points

(Technique-body position/approach/landing; Height) * See further requirements/optional page.

- **5 points- Standing Tumbling** one standing tumbling skill or pass Ex. standing back handspring, standing two back handsprings, standing tuck, standing back handspring tuck etc.
- **5 points-One tumbling pass** Ex. Roundoff, Roundoff back handspring, roundoff back handspring tuck, etc.

Chant-10 points

(Response to situational sideline call. Motions-sharp/clean/ correct placement; Presence- crowd involving/natural confidence/high energy/ use of signs/timing; Voice- knowledge of material; inflection.

- **Chant**- everyone will perform a situational chant (in their tryout group).
- **10 Points**

Spirit- 10 points

(Spirited throughout performance and transitions, engages crowd, fun to watch/genuine, shows personality while performing)

OPTIONAL SKILLS FOR JUMPS AND TUMBLING

Listed below are suggestions for optional skills. The skills are ranked by degree of difficulty. Each optional skill will be judged on technique, execution, and degree of difficulty. Perform what you do best—not what is considered the most difficult. If there is a skill not listed which you would like to perform, please get skill approved by one of the coaches.

JUMPS (Most Difficult to Least Difficult)

- Double toe back tuck
- Single toe back tuck
- Double toe back handspring
- Single toe back handspring
- Jump combo (toe/hurdler)
- Jump combo (toe/toe)
- Single Pike Jump
- Single Front Hurdler
- Single Toe Touch

RUNNING TUMBLING (Most Difficult to Least Difficult)

- Round Off Handspring Full
- Round Off Handspring Layout
- Round Off Handspring Tuck
- Round Off Tuck
- Round Off Handspring Series
- Round Off Handspring
- Round Off

STANDING TUMBLING

- Standing handsprings to full
- Standing tuck through to layout
- Standing handsprings to layout
- Standing tuck
- Standing handspring(s) to tuck
- Standing series of back handsprings
- Standing back handspring
- Front or back walkover
- Cartwheel

*If chosen to be an LPMS basketball cheerleader, you are expected to execute the skills that you perform during tryouts as well as continue to master new skills throughout the year. As a cheerleader, you will stunt/tumble/jump on any surface that is deemed safe according to the AHSAA (cheer mats, gym floors, grass, and regulation tracks). Consequently, if you cannot perform a skill with confidence, you should not attempt to

perform the skill at tryouts. Cheerleaders who cannot/will not perform the skills throughout the year will sit out from performances at the coach's discretion.