



Game Day Cheer Tryout Packet 2023 - 2024

Thank you for your interest in our squad!
Our passionate team members and coaches are excited for a new season!

Mission Statement

The purpose of the Caiman Cheerleading Team is to provide spirit and support for the school's sports teams and the school. Caiman Cheerleaders gladly participate in school spirit activities such as pep-rallies, assemblies, sports games, and general spirit days at school. The cheerleaders strive to be a positive example, and to act with integrity on and off campus. They speak with good purpose and support the student population and their sports teams. Caiman Cheerleaders understand that they are role models on campus and work each day to live pure, lead with courage, honor their team and honor their school.

A. Tryout Information **WHEN: MAY 16th - 29th 4:00 - 6:00 PM WHERE: CAHS CAIMAN HALL** The following items need to be turned in to try out. They may either be turned in during check in on day one of tryouts or in advance to Coach Moratto.

- Tryout packet signature page
- Sports physical by a primary care doctor preferred. Multi Purpose Release/Medical Authorization forms will be available if needed if appointments cannot be made in time for tryouts. Physicals will be required to try out and participate with the team for all members.
- 2 recommendation letters. Please include at least 1 teacher. The other may be by another person who has seen you in a leadership role and can attest to your character and ability. Family members or current CAHS coaches/team members may not complete recommendations.
- Transcript showing through semester 1 or quarter 3 (depending on your school). Candidates must have a 2.0 GPA or higher for Semester 1 or quarter 3 grading period for 2022 - 2023 to try out for the team. This same GPA is required at the end of Semester 2 or quarter 4 to stay an eligible member of the team when we start in August.

If any of the above listed paperwork is missing by start of the last day of tryouts ***the candidate will not be eligible to try out for the squad until all paperwork is complete and submitted. **Physicals or Multi-Purpose Medical Release Waiver must be completed and submitted for any candidate to start their participation in the tryout process.***

Skills required to make the team:

JV: No required skills. We are looking for cheerleaders with some to no experience who are hard workers and invested in bettering their skills for their team. All freshman tryout for JV, yet a student of any grade, 9 - 12, may be on JV.

Varsity:

- Know how to do all different cheer jumps using good technique.
- Straight up extension that is clean and safe. Done with proper technique as flyer, base, or back.
- Going into grades 10 - 12 only

***Equal opportunities for appropriate growth are given to jv and varsity members. No member will**

be held back or pushed too quickly to progress due to being on a particular team.

Selection Process:

Points will be awarded based on the categories taught throughout the week, in addition to teacher recommendation and coaches' discretion. If the candidate does not have a 2.0 GPA, the candidate will not be chosen for any squad. Every effort is made to make the tryout process as objective as possible as all the candidates are judged on the same material and no experience is required to make the squad. Having been on the squad the previous year does **not** guarantee the candidate a spot on the 2023 - 2024 team. Therefore, all decisions regarding the selection of the team are final and shall be made by the coaches.

***Coaches reserve the right to make any and all decisions or judgment calls regarding the selection of CAHS Cheerleaders.**

B. Time Commitment

Please read the following statement in blue carefully.

****This is a high level commitment activity. Cheerleaders and their families MUST do their due diligence to make attendance at class, after school practice, and games a priority just like other athletes. This sometimes involves giving up other opportunities or planning appointments, work, vacations, etc. ahead of time or around such events. By participating in tryouts and making a squad, the candidate and their family are accepting this commitment. If this commitment is not right for a candidate or their family, this squad may not be for them.***

There are four main commitments when on the CAHS cheer team.

1. Class/Practices:

Cheer class is 4th period at CAHS studio campus, **SEMESTER 1 ONLY**, meeting on Tuesdays – Friday (1:50 – 3:00pm). **THERE WILL NOT BE A CHEER CLASS DURING SEMESTER 2.** All jv and varsity team members will be enrolled in this class prior to the first day of school. This includes online students. Practices will be held every Tuesday and Thursday, 3:00 - 4:00 pm for the entire length of SEMESTER 1. This may vary due to the number of playoff games attended. Practices are very important to the success of the team, and therefore cheerleaders are required to attend all practices. Missing class and/or after school practice will affect their grade for the class as well as limit what they can participate in at games, pep rallies, assemblies, and halftime performances. If a cheerleader does not attend a practice it affects the entire squad – a group may not be able to practice a stunt, the dance ripples have to be changed, or the group might learn new material that this cheerleader will now be behind on. Both jv and varsity teams will be learning and working on new material every practice to grow their skills and have a new routine ready for every event.

Extra practices may be called the week of a big event, and the cheerleaders are required to attend.
There will be after school practice TUES - FRI during the week of Homecoming until 4:00 pm.

Please see the cheer class syllabus (handed out the first week of school) for details pertaining to the class. This will be handed out on the first day of class and require a parent/guardian signature.

2. Summer practices/Summer camp:

**** Dates and times will be released after the teams are chosen; traditionally practice and camp will start the first week of August.***

Summer practices will take place before attending any camp to get our bodies and minds ready for participating in Cheer Camp! This typically starts the first week of August but may start the last week of July if we attend an early camp. We will do basic conditioning, review jumps and motions, review our tryout material, and learn new skills for the season. Summer practice is designed to help prepare the new teams for camp, making each athlete more comfortable and giving the athletes a chance to meet each

other!

3. Football and Basketball Games:

Cheerleaders will be required to attend all football and basketball games that are stated in the Caiman Sports App. JV attends all home JV games and Varsity attends all home games and several away games. These will be late nights that will typically end around 9:30 pm or later. This will be in addition to any events, games, pep-rallies, etc.

*As CAHS does not have recurring access to a bus, the parents are responsible for transporting (or making sure their cheerleader has transportation) to practices, games, fundraisers, and other cheer related events. Parents are welcome to organize rides to all games amongst themselves. Not having a ride will not be considered a valid excuse for missing a practice or game.

4. Competitions/STUNT the Sport:

These tryouts are held later in the year. Trying out for the game day team does not commit you to any competitions.

C. Expected Behavior/Discipline and Consequences

Team members are expected to always treat school faculty, team mates, coaches and other adults with respect. This includes in class, at practice, at school (online AND studio campus'), on social media, away games, and especially when in uniform.

Consequences for missing class or after school practice without a parent/guardian excusal prior to missing:

- If a cheerleader misses class or after school practice he/she must sit out the 1st half of the next occurring game for their respective team in full uniform, and may only cheer the 2nd half. If this is applied to a jv member, they will also sit the varsity game and will not be allowed to cheer the second half.
- If a cheerleader has missed practices continuously, he/she may lose their spot in a routine we are working on and/or will not be permitted to participate in the next occurring performance routine(s).
- If you are sick and need to stay home from class or after school practice, a parent must notify the school attendance clerk as soon as possible. If you are just missing a practice or game due to illness you must notify a coach, not the attendance clerk. A doctor's note may be requested from the coach to clear an absence from class or after school practice if we are not notified in advance.

Consequences for missing games:

- If a cheerleader is absent from a game for any reason other than being sick or a family emergency (cleared by a parent prior to the event), they will sit out the following game in full uniform for all or part of the game at the coach's discretion.
- A doctor's note may be requested from the coach to clear this absence. With a doctor's note to excuse the absence the cheerleader will be allowed to cheer at games when they are cleared by the doctor with no penalty.
- Any time a cheerleader is not cheering, they will not perform in any routine or sideline activity during that time.
- The coaches will use good judgement when addressing absences from games. We recognize that there may be special circumstances if a basketball game is added last minute.
- Multiple missed practices or games will add up to more games benched.

Consequences for Recurring Unexcused Absences

- An unexcused absence is when a cheerleader misses class, after school practice, or a game, and

that absence is not excused/cleared by a parent/guardian or doctor within 48 hrs. ● Caiman Cheerleaders are allotted **three unexcused missed practices OR games**. ○ After the first and second unexcused absence the cheerleader will have immediate repercussions and be warned regarding dismissal.

- When a cheerleader has their third unexcused absence they will be immediately dismissed from the team and exited from the class for the remainder of the season. This will result in a W/F on their transcript as well.

If it is absolutely necessary for your cheerleader to miss class, after school practice, or a game for any reason please, notify the coaches preferably 48 hours in advance. No late texts or calls please! Please refer to section A of the contract for the importance of attending class and practice as well as the statement regarding the level of commitment for this team.

Causes for dismissal from the CAHS Cheer Team may include, but are not limited to:

- Dropping below a 2.0 GPA for longer than one semester (two quarters).
- Use of drugs, tobacco, or alcohol, or any item similar to vapes or e-cigarettes. ,
- Conviction of a crime
- Bullying
- There will be an accountability plan put in place to hold the team members responsible when addressing secondary offenses (non-dismissal). For example; inappropriate dress or not adhering to assigned dress, speaking without good purpose on campus, at an event, or on social media, missing items (poms, bow, shoes, uniform, etc.), late arrival, first or second unexcused absences, etc.

*Please refer to the CAHS student handbook for school policies, as many of these offenses will be reviewed by the school's administration for the appropriate ramifications.

The coaches will use impartial judgment when addressing matters regarding discipline and/or consequence for reasons listed above. They may also choose to bring in members of administration to help in this area.

D. Safety Regulations

Cheerleaders must follow the American Association of Cheerleading Coaches and Administrators (AACCA) rules concerning jewelry, hair, glitter, nails, etc. No jewelry of any kind may be worn, even if newly pierced. Hair must be secured away from the face, and glitter is not allowed. All nails must be kept short (not beyond the fingertip) and acrylic nails are prohibited.

**Cheerleaders will be asked to remove acrylic nails immediately in order to participate in activities*

These rules, along with the guidelines listed below, are in place to keep the squad safe. ●

Cheerleaders will always begin every practice and/or game with a warm up, followed by stretching.

- Before performing any stunts, cheerleaders will complete simple drills to review the basics to maintain safety awareness.
- Cheerleaders will review safety guidelines at one of our first practices, and will then take and sign a safety quiz stating that they understand the safety guidelines and will practice safety techniques always.
- Cheerleaders will not perform stunts or tumbling without a coach present.
- If injured during the season, at a cheer related event or not, cheerleaders must bring a doctors' note clearing themselves to resume practice.
- All practices, games, and competitions will be supervised by the coach, assistant coaches, and/or a designated school official. Squad members are not released to practice stunts, pyramids, or tumbling without the direct supervision of a CAHS cheer coach, or assistant coaches.

In order to keep all members of the team safe, the following must be met by every team member. Any team member not in compliance with these guidelines will not be allowed to participate in class, practice or cheer at games until the guidelines are met.

- If injured during the season (either at practice, a game, or outside of cheer) cheerleaders must tell a coach **immediately or upon return**. They need to then bring a note from their doctor explaining the details of the injury and any restrictions from activity. The original note must either have a date to resume full activity, or a new note must be provided clearing them to resume practice and/or cheering at games.

E. Payments

All payments need to be made in a timely manner to ensure each cheerleader has the necessary materials on time. If payments are late or not received, this may result in a cheerleader not having items they need.

There will be an initial payment made electronically through the varsity portal at the fitting for their uniform items. This will need to be paid in full for the order to be placed. More detail on exact amounts will be given at the fitting. A new member, paying for a new uniform, should expect to pay between \$400 - \$500 initially. This will be for uniform, bow, poms, and a jersey.

After the ordering uniforms at the fitting there will be a separate order made for other team clothing items from our school representative. Payment outlines and plans for these items will be handed out and discussed by the head coach if they are necessary.

Each cheerleader will participate in multiple fundraisers throughout the season. They may choose to apply their raised funds to their items, or allot them to the general team fund.

All final payments must be made by the end of the current academic school year.

F. Refunds

If a cheerleader is asked to leave the squad or quits the squad, no refunds will be given for uniforms or personalized gear, and all payments must still be made in full. These items may however be donated to the team and a credit will be applied to the respective cheerleader's account. Once items are ordered, you may not receive a refund. This applies to the cheerleaders camp and competition as well.

Camp is **nonrefundable, should a cheerleader decide to drop before camp is attended*



CAHS Cheer Tryout Signature Page 2022 - 2023

A note from the coaches:

Parent/Guardians:

We, the coaches, would like to ask that you not use cheerleading as a punishment. By using cheer as a punishment (i.e. your child missed curfew and now the cheerleader is not allowed to go to the game on Friday), it affects the entire squad. It would not be fair to the team that has been preparing for a performance to be told they cannot perform because one cheerleader is not allowed to come. As you are the role model for your child, we ask that you lead by example and adhere to the same disciplines as your

cheerleader (i.e. speaking with good purpose, encouraging a healthy GPA, motivating your cheerleader to attend all practices/events, etc.) We are excited about your child's interest and look forward to seeing them at the 2021-2022 tryouts!

Thank you,

Head Coach: Kelly Moratto Assistant Coach: Nicholette Redfern - Morgan
kmoratto@classicalacademy.com

Acceptance

My child _____, has permission to participate in cheerleading tryouts. I have read all the attached material and understand all requirements and responsibilities involved in the cheerleading program and tryout process. I also understand the risks involved in any athletic activity.

We have read and understand the above policies for participation on the cheerleading squad, as well as the financial responsibility, and I accept them as governing my participation.

We understand that cheerleaders will be obligated to participate in fundraising and expected to turn in all money or order-forms on time, and are still required to pay for ordered items in full if our cheerleader decides to or is asked to leave the team before the conclusion of the school year.

****I agree to graciously accept all decisions made by the coaches regarding tryouts. Cheerleading**

Candidate _____ Date _____ Parent or Legal

Guardian _____ Date _____ Best email that you,

the parent/guardian, WILL CHECK regularly: