

# WEST PARK STUNT

## 2025 STUNT SEASON TRYOUT INFORMATION

Thank you for your interest in trying out for West Park STUNT. In this packet, you will find the following: tryout information with a list of important dates, along with expectations and general information. Please read and understand all the enclosed information before tryouts.

### STUNT TRYOUT DATES:

- Clinic dates December & January
- Parent meeting for all interested athletes **February 10th** 6:00pm in the Panther Arena
- Tryouts will be held **February 3rd** 4:30-6:30pm, **5th** 4:30-6pm in small gym & **10<sup>th</sup>** 4pm- 6pm in the Grove

### PRACTICE SCHEDULE:

- Practices will be held Mon, Tues, Wed, Fri from 4:00-6:00 pm
- First practice February 14th
- Practices subject to change see calendar for full schedule
- Please see calendar for Game and Practice Schedule [View Calendar](#) [Add Calendar](#)

### ELIGIBILITY:

To be eligible for STUNT, a student must have:

- Grade point average of 2.0 or higher with no more than one F/Failing grade for the last complete grading period.
- Medical clearance from a medical doctor using required form and uploaded to [athleticclearance.com](https://athleticclearance.com)

### WHAT IS STUNT THE SPORT?

STUNT is a new competitive team sport that is derived from traditional cheerleading. STUNT removes the crowd-leading and focuses on the technical and athletic components of cheer, which include partner stunts, pyramids, basket tosses, jumps and tumbling skills. Teams compete in matches that consist of four quarters of play (Partner Stunts, Pyramids & Tosses, Group Jumps & Tumbling, and Team Performance) with a halftime in between the second and third quarters. STUNT was developed by USA Cheer with collaboration from groups of Title IX experts as well as known coaches and experts in the All-Star and traditional cheerleading community. USA Cheer is the national governing body for sport cheering in the United States. [Click Here to learn more](#)

### WHAT DO YOU WEAR TO TRYOUTS?

- Please wear comfortable, length appropriate shorts and a t-shirt. Dress as if you would dress for practice. Sports bras must be worn. No basketball shorts, pajamas, denim shorts, jewelry, or long artificial nails. Your hair should also be off your shoulders.

### IMPORTANT - FOR THOSE WHO MAKE THE SQUAD:

- Attendance at all practices and games is mandatory.
  - Please look at the schedule to ensure you can commit to the team practices and games.
  - 3 or more missed practices or games may result in removal from the team.
  - Attendance to practice and games needs to be the priority for all team members.

### ESTIMATED COSTS

- Registration - \$50
- White Cheer Shoes ~ \$65
- Navy Nike Pros ~ \$20

- White Crew length Socks ~ \$10
- WP Jacket Cheer/Stunt -
- WP Stunt Sweatshirt ~ \$40
- Cost of transportation to and from games

# STUNT Expectations and Guidelines

## Purpose

The objective of West Park High School STUNT is to teach, develop, organize, manage and offer our student athletes the opportunity to learn how to work toward a common goal while instilling life-lessons and values such as character, team work, discipline, respect and sportsmanship. We aim to establish a place where a player's drive for excellence and achievement on the mat can continue long after their high school years.

## Squad Members, general expectations and practices

- Members will be chosen at a formal tryout session.
- One Varsity STUNT team will consist of up to 28 athletes.
- Practices will be held each week. All practices are mandatory, and other schedules should revolve around practices. Doctors and dentist/orthodontist appointments may **not** be scheduled during practice time.
- Prompt arrival to practice and games is expected. Shoes on, full water bottle, empty bladder, hair up, jewelry out and stretching at the time practice begins will be expected each practice. Team conditioning and the possibility of further discipline will be considered for tardiness.
- **Cell phones will not be allowed for any reason during practice. If seen on your cell phone during practice, you will be asked to leave. If you need to contact a parent, always speak to a coach before using your cell phone during practice.**
- **Injuries:** If sitting out for an injury, a Doctor's note from an **MD** must be obtained with the nature of the injury, what limitations the athlete can participate in, and a date that the cheerleader will return to full participation. **If this is not obtained then the cheerleader will be removed from routines and could be considered absent if not participating.**

## Transportation

- Athletes are responsible for their own rides to and from all games
- Any time a bus is available athletes must ride to and from an event in the bus. Parents may not drive you home from any event for which you took the bus.

## Attendance Requirements

STUNT is a team sport! In order to safely perform as a team, full squad attendance is necessary.

- ABSENCES CAN BE THE DOWNFALL OF A GREAT TEAM! If one or more athletes are absent from a practice or game, the other athletes are forced to make last minute changes. This can be both stressful and dangerous for the team.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. **must not interfere with practices and games.**
- If you commit to STUNT you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. **In addition, just because an athlete asks to be excused doesn't mean that the excuse will be granted.**
- If you are ill or have a family emergency, the coach needs to be notified in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected.
- As stated in the Guidelines for RJUSD Athletes, students must be present half the school day (2 full class periods) to be eligible for practices and games scheduled for that day.

## Grades

- A minimum of 2.0 GPA with no more than one F/Failing grade throughout the STUNT season.

## Expected Behavior

- All West Park High School guidelines must be followed at all times.
- Consequences will be issued for misbehavior or poor conduct
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- Respectful self-image on all Social Media outlets.
- Attend all practices and games, on time.

- Your attitude and ability to work with different personalities must be exceptional.
- **You must always come to a coach with a concern before a parent addresses the concern with the coach.**
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the team.
- Part of a coach's job is to know where you are at all times during practices and games. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of stunting and tumbling.

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Head Coach Zy or Lisa, Athletic Director John Hildebrand, School Vice Principal Cameron Layton.