



Laguna Creek High School Cheer Tryout Packet



Thank you for your interest in becoming a 2018-19 cheerleader at Laguna Creek High School!!

This year's tryout schedule for two weeks on March 19th – March 22nd AND April 2nd & 3rd will be as follows:

- Monday—Thursday (3/19-3/22) & Monday-Tuesday (4/2-4/3):
 - Cheerleading tryout clinics 4:00-6:30 in the MP Room (M-W) & Main Gym (Th) at LCHS (Candidates always need to arrive 5-10 min early so that at 4:00, they are ready to start)
 - Spring break will be between those weeks...PRACTICE!!!
- Cheer Tryouts:
 - **Junior Varsity (MP Room)** – Wednesday April 4th 4:30 – 6:30 (Candidates need to arrive no later than 4:00 to check in, receive their number and stretch).
 - **Varsity (Main Gym)** – Thursday April 5th 6:00 – 8:00 (Candidates need to arrive no later than 5:30 to check in, receive their number and stretch).

Completed tryout packets need to be returned to the cheerleading box in the LCHS office by March 12th. For HEMS students please return completed packets to the HEMS front office no later than March 9th.

Completed packets include:

- Tryout Information Sheet.
- 3 Teacher Recommendations (See pages 5-7)—(these will be sent to your school's office by your teacher. However, each cheer candidate is responsible for making sure that the teacher follows through).
- Your most current progress report, printed from Synergy accepted

Late packets will result in points being deducted from the candidates final tryout score.

If you have any questions or concerns please contact the LCHS Athletic Director Jon Ussery via email at jussery@egusd.net or Head Coach J Bouyer via email at jbouyer@frontiernet.net Thank you!!

Important Dates:

- Parent Meeting Tuesday March 13th 6-7pm in MP Room
- Tryout Clinics (week 1): 3/19-3/22, 4:00-6:30
- Tryout Clinics (week 2): 4/2-4/3, 4:00-6:30
- Tryouts:
 - Junior Varsity 4/4, 4:30-6:30
 - Varsity 4/5, 6:00-8:00
- **Mandatory** Uniform Fitting/Parent Meeting: TBD, early April
- **Mandatory** Practice clothes fitting: TBD, early May
- Conditioning & Team bonding, date TBD late April, early May
- Cheerleading Camp, USA Sacramento State University 7/26-7/29



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What to Wear/Bring to Tryouts

- Wear comfortable workout clothes and tennis shoes. If you are trying out for JV please wear a white T-shirt and black shorts. If you are trying out for Varsity please wear a black T-shirt and black shorts. Every day.
- Hair **MUST** be in a high tight pony tail. Loose ponytails and hairs hanging down into the face are unacceptable.
- Water and a towel
- NO previous Cheer attire, from ANY school or competition teams such as uniforms, camp clothes, etc. Bows from previous cheer programs are ok to wear.
- **ABSOLUTELY** NO acrylic nails or nails longer than the tips of your fingers, NO jewelry (body piercings, earrings), NO visible tattoos, NO gum chewing, NO spaghetti straps, and NO midriffs (stomachs) exposed.
- **NO** cell phones!!

Uniform Packages: Please note this is an ESTIMATE based on 2017-18 prices. Details will be confirmed at the parent meeting to be held once the team has been selected. Please be aware that these prices are subject to change either up or down once we confirm with our vendor.

Uniform Package Prices JV: \$294.00 Varsity: \$311.00 – Includes: Shell top, Liner, Skirt
Warm Up Package \$235 —Includes Jacket, Pants, Shoes, Briefs, Socks, Backpack and Poms.

Camp/Practice Clothes Package (4 Outfits + sweatshirt) –\$250 (estimate). These outfits become the team's practice clothes for the remainder of the year and are **required** to be purchased even if you chose not to attend cheer camp.

United Spirit Association Cheer Camp: This year we will be attending cheer camp at Sacramento State University from **July 26 – July 29th** the cost is \$399 payable by cashier's check only to USA, payment date TBD.



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Cheerleading Tryout Tips

Practice The Following:

1. Strength in motions (T, Goal Posts, Candlesticks, Diagonal)
2. Jumps (Toe Touch, Hurdler, Pike)
3. Tumbling (Cartwheel, Round Off, Walk-Overs, Back Handspring, Front/Back Tuck) – NOT required, but will earn bonus points
4. High Kicks (25-50 on each leg)
5. Dance Rhythm/Coordination
6. Flexibility (Splits, Heel Stretch, Scorpion)
7. Strength & Balance (Stunts/Pyramids)
8. Fitness: Run 1 mile (within 10 minutes), 50 sit ups, 50 pushups, 50 squats, 25 burpees

Practice Week

This is time for the coach to evaluate how well you work with others. Be sure NOT to separate yourself from the rest of the team and be confident in yourself. You may not think you are the best cheerleader on the court, but that is not all that counts. Sportsmanship and a great attitude go further than you may think.

Shout It Out

The judges need to hear your cheers!! Work on controlling your volume and projection. Yell from your diaphragm, not your throat, to increase volume. Say the cheers in cadence, do not “sing” the cheers.

Be Prepared

Come to practice ready to work hard and to learn. Do not wait till the last minute to prepare everything. Make sure you are wearing comfy workout clothes, your hair is up, and most important all of the paperwork is turned in on time and is complete!! This shows the coach that you are responsible and eager to cheer.

Show Enthusiasm

Coaches and cheerleaders agree that it is important to have a positive, enthusiastic outlook, especially on tryout day. If you are not energetic and excited about trying out, your body and your facial expressions will give you away. Also be supportive and encouraging to others while they try out. ***If you make a mistake, just move on. Do not giggle, stop, or get embarrassed. It is ok to make mistakes, everyone does it. It is how you handle it that counts. Judges want to know that a mistake does not rattle you.***

Relax and Have Fun

On tryout day, take a deep breath and have confidence in yourself! Remember to stretch well before you tryout—you don't want a pulled muscle stopping you. If you make a mistake, keep going. The judges may not even notice! But most importantly, have fun out there and remember to smile.



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Tryout Information Sheet



Circle the team you are trying out for: VARSITY JV	If necessary, would you consider being an alternate? Yes No
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Information Sheet

Please complete the following information. **Please print LEGIBLY and completely in full.**

Student Name:	Student ID#:
Current Grade Level:	School attended in 16-17:
Home Address:	
Home Phone:	Cell Phone:
Email Address:	Birthday:

Parent/Guardian Name:	
Home Address (if different from above):	
Parent/Guarding Phone (if different from above):	
Mother's Work Phone:	Mother's Cell Phone:
Mother's email:	
Father's Work Phone:	Father's Cell Phone:
Father's email:	
Emergency Contact Name:	Relationship to you:
Emergency Phone:	Emergency Cell Phone:

Allergies/Health Problems/Medications (Please describe in detail):		
Are you playing a Spring sport?	YES	NO
If yes, please list the sport and school:		

() I have read the above and agree to have my daughter/son tryout for LCHS cheer and agree to all costs/payments involved.

Parent/Guardian Signature: _____ Date: _____



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Dear Teacher,

The person listed below is trying out for cheerleading. Since attitude and citizenship are more important in cheerleading than just talent, your help is needed. Your input is crucial to our selection process. Please answer honestly and answer completely. Cheer candidates will be penalized for incomplete forms.

Students Name: _____ Grade: _____ School: _____

Directions: Please circle **only one number** that best represents the candidate's traits:

0=Unsatisfactory 5=Excellent

Ability to get along with others	0	1	2	3	4	5
Ability to stay on task	0	1	2	3	4	5
Conduct in class	0	1	2	3	4	5
Sense of responsibility	0	1	2	3	4	5
Willingness to cooperate	0	1	2	3	4	5
Respectfulness to teacher	0	1	2	3	4	5
Attendance	0	1	2	3	4	5
Display of school spirit	0	1	2	3	4	5

Please circle one of the following:

I would - **Highly Recommend / Recommend / Not Recommend** – this student to be a cheerleader/school representative for Laguna Creek High School.

This student's current grade in my class is: _____

This Student has _____ # of tardies and _____ # of absences

Teacher's Name: _____ Date Received: _____ Subject: _____

Teacher's Signature: _____

Comments: _____

This is confidential. Please do not give the form back to the student.

Teachers: Please return the completed forms to the cheerleading box in the LCHS office no later than March 12th. Harriet Eddy MS teachers please return completed forms in the front office no later than March 9th. Please email the LCHS Athletic Director Jon Ussery with any questions:

jussery@egusd.net or Head Coach J Bouyer via email at jbouyer@frontiernet.net Thank you!!



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