



## Laguna Creek High School Cheer Tryout Packet



Dear Prospective Cheerleader and Parent,

Thank you so much for your interest in trying out for the 2020-21 Laguna Creek Cheer Team, we are very excited to get to know you. It is **EXTREMELY** important to realize that cheer is a very big time commitment. Cheer is a yearlong sport that requires dedication and commitment from all of its members. Cheer is a team sport unlike any other sport, it requires all members to be at all practices, and practice on their own at home, there are no “bench” players to put in. Stunts can be dangerous without proper training and technique that can only be gained by coming to **every practice**.

Cheerleaders are the most recognizable representatives of a school and are in a position of great influence, therefore high standards of conduct are essential. Members must realize that their academic responsibilities are a priority and are an important part of leadership. This means that maintaining your grades is extremely important, routines are set well in advance of performances and it becomes a safety issue to make changes at the last minute.

We want to be up front with you that on top of the large time commitment, cheer is also an expensive sport as uniforms are custom fit. This is just an estimate based on last year’s prices, but the approximate cost for a new cheerleader will be \$1,300. See packet for more of a cost breakdown.

This packet contains a lot of information, please read it carefully. We look forward to getting to know you during the tryout clinics and wish you all the best at tryouts.

Sincerely,

Coach J and Coach Donna



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Thank you for your interest in becoming a 2020-21 cheerleader at Laguna Creek High School!!

This year's tryout schedule will be as follows:

- **Clinics:**
  - Monday-Friday (3/23-3/27):
    - Cheerleading tryout clinics 3:30-7:30 in the small gym at LCHS (Candidates always need to arrive 15-30 min early so that at 3:30, they are ready to start)
- **Cheer Tryouts:**
  - **Small Gym** – Monday March 30<sup>th</sup> 4:00-8:00 (Candidates need to arrive no later than 3:30 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 16<sup>th</sup>. For HEMS/EPMS students please return completed packets to the HEMS/EPMS front office no later than March 12<sup>th</sup>.

Completed packets include:

- Tryout Information Sheet (page 5).
- 3 Teacher Recommendations (See pages 6-8)—(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](mailto:jussery@egusd.net) or Head Coach J Bouyer via email at [jbouyer@frontiernet.net](mailto:jbouyer@frontiernet.net) Thank you!!

## **Important Dates:**

- Pre Tryout Parent Meeting **Thursday March 5<sup>th</sup> 6:30-7:30pm** in MP Room
- Tryout Clinics: 3/23-3/27, 3:30-7:30
- Tryouts: 3/30, 4:00-8:00
- **MANDATORY** Uniform Fitting/Parent Meeting: **Thursday April 2<sup>nd</sup>, 6:00pm**
- **Mandatory** Practice clothes fitting: **Friday May 15<sup>th</sup>, 6:00pm**
- Conditioning & Team bonding, date TBD late April, early May
- Cheerleading Camp, UC Davis, July 10-13



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## What to Wear/Bring to Tryouts

- Wear comfortable workout clothes and tennis shoes during the clinics. For tryouts on March 30<sup>th</sup> if you are in 8<sup>th</sup> or 9<sup>th</sup> grade please wear a white T-shirt and black shorts, if you are in 10<sup>th</sup> or 11<sup>th</sup> grade please wear a black T-shirt and black shorts.
- 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: (Note: this an ESTIMATE only)

- **Uniform Package Prices JV & Varsity: \$260.00**– Includes: Shell top, Liner, Skirt
- **Warm Up Set \$190** —Includes Jacket, Pants
- **Accessory Package \$160** – Includes Shoes, Briefs, Socks, Bow, Duffel bag and Poms.

Your payment will be less if you are a returning cheerleader, based on whether you are JV or Varsity.

Payment will be made to **Varsity Spirit Fashions** on April 2nd as follows:

- If your total owed is less than \$400 payment will be due in full on 4/2 payable by cash, credit card or money order, **NO personal checks**.
- If you total is over \$400, you may pay in full or break up your payment as follows: \$400 on 4/2 by cash, credit card or money order and remaining balance paid 4/2 with a postdated (5/1) personal check.

**Camp/Practice Clothes Package** (3 Outfits + sweatshirt) –\$200 (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 Cheer Association Cheer Camp:** This year we will be attending cheer camp at UC Davis from **July 10 – July 13<sup>th</sup>** the cost is \$483 payable by cashier's check only, 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 19-20:
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: \_\_\_\_\_



# Laguna Creek High School Cheer Tryout Packet



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 16<sup>th</sup>. HEMS/EPMS teachers please return completed forms in the front office no later than March 12<sup>th</sup>. Please email the LCHS Athletic Director Jon Ussery with any questions: [jussery@egusd.net](mailto:jussery@egusd.net) or Head Coach J Bouyer via email at [jbouyer@frontiernet.net](mailto:jbouyer@frontiernet.net) Thank you!!



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