



Springfield High School Cheerleading Tryout Packet

Tryout dates: May 9, 2020- Material videos put on SHS Cheer website

May 19, 2020- Candidate videos due through email to one of the coaches

May 23, 2020 (Time TBD)- Zoom tryout for qualifying candidates

The Springfield High School Cheerleading program is designed to promote school spirit and to support all athletics at Springfield High School. A cheerleader is considered a leader of the student body. Therefore the manner in which a cheerleader conducts him/herself in and out of the uniform, in school, on social media and in the community directly reflects the entire program, coaches, and Springfield High School.

The importance of making the commitment to cheerleading cannot be overemphasized. The cheerleading season begins with tryouts in May and ends at the conclusion of basketball season in the following March. It is a long season with numerous responsibilities that must be fulfilled to have a successful experience for everyone involved. These responsibilities include: working with all teammates and the coaches with respect, attending all practices, games and performance events, maintaining eligibility, meeting the established financial obligations, etc. Members are also expected to be in good

health and physically able to maintain the demands of cheerleading.

Traditionally, the varsity cheerleaders perform at all home and away boys' football and basketball games while junior varsity cheerleaders perform at all home and in-town away football games and all home and away basketball games. Cheerleaders are also expected to attend all performance events unless otherwise specified by the coaches. Selection of the squad members, size, and make-up of the squads will be determined by the coaches.

Scheduled performances and/or volunteer events include but are not limited to the following: The Illinois State Fair Twilight Parade, football and basketball games, our youth cheerleading clinics, the Muscular Dystrophy walk, Walk for a Cure, Run United 5K, SHS' Open House, etc. While each of the events listed above were from past years, we are currently unsure of which events will be held due to the state mandates but will notify families of our involvement in these as soon as we have finalized information.

The attached cheerleading contract explains all the rules, expectations, and consequences in place for the 2020-2021 cheerleading season. If a cheerleader cannot maintain the expectations set forth by the team and the schedule, he/she will be released from the team.

In an attempt to curb the financial obligations associated with cheerleading, the uniforms, warmups, and poms are owned by Springfield High School. Cheerleaders are assigned uniforms and warm-ups for the year. We have attached a tentative financial obligations document for the 2020-2021 cheerleading season. While we don't expect significant changes, these will be communicated at the parent meeting after tryouts.

Cheerleaders must maintain grades in compliance with the Illinois High School Athletics' rules. Eligibility requires that a student has passed five academic classes the previous semester as well as maintain passing grades in five academic classes during the

performance season. The cheerleader also has to maintain a 2.0GPA unweighted or weighted. The athletic office, as well as the coaches, will monitor grades on a weekly basis. A student found ineligible will be temporarily or permanently removed from the squad to allow time to be designated towards academics.

The coaches will determine selection of the team with assistance from the panel of judges using the following information: scores from tryouts, teacher evaluations, the permission form, application and questionnaire, as well as administrative input. Candidates must demonstrate respect, cooperation and enthusiasm, positive behavior and attitudes, and successful school attendance and academic performance.

Being part of the SHS cheerleading program is a special privilege, but one that comes with a lot of responsibility. Please take time to consider the expectations and commitment prior to going through the tryout process.

If you have questions please contact either Coach Jacobs at coachjacobs@hotmail.com or Coach Johnson at amjohnson@sps186.org.

Thank you so much for your consideration in joining the 2020-2021 SHS Cheerleading squads!

Sincerely,

SHS Cheerleading Coaches

2020-2021
SHS Cheerleading
Tryout Information & Schedule

Tryout Paperwork:

- The following paperwork must be turned in **prior to the video submission date** for candidates to be eligible to try out:
 - Tryout application (can be submitted through email or via phone call to either coach)
 - “Signed” contract- parental contact must be made with one of the coaches prior to video submission
 - Four teacher evaluation forms must be submitted from teacher’s school/district email and sent to either coach. Coaches must receive paperwork **BEFORE THE VIDEO TRYOUT**. Please be advised that this paperwork is factored into the candidate’s final score.

Tryout Clinics (Video)

- Per the shelter-in-place guidelines, we will not have clinics but will provide a video of material that candidates must learn for tryouts
- Returning members are not guaranteed a position back on the squads.
- In the video candidates will learn, review and perform basic motions, sideline cheers, floor cheers, a dance routine, and jumps. Candidates may also throw any tumbling skills they currently possess **BUT SHOULD NOT BE ATTEMPTING ANY NEW SKILLS**. Please keep in mind, we are not liable for any injuries.
- In the video, candidates will be given words to a sideline and then will be responsible for creating motions
- **Appropriate clothing must be worn for all video submissions and Zoom tryout. All candidates are to wear a plain black t-shirt, black shorts or leggings, plain black or white socks, and tennis/cheer shoes. Hair must be pulled into a clean pony-tail (bow is optional). No jewelry and nails must be short.**
- If a candidate is a previous SHS cheerleader, only unlabeled apparel may be worn (aka no SHS cheer).

TRYOUTS

Date TBA

- Tryouts will be held using the Zoom platform and each candidate will have an individual tryout. Both coaches, and administrator, and a judge will be on the Zoom
 - Candidates will be chosen based raw scores, as well scores added from teacher evaluations.
 - Again, Those who tumble in video submission or during Zoom tryout will be expected to do so during the season.
 - All chosen candidates are encouraged to be working on gaining tumbling skills throughout the year.
- Any tumbling performed must be a solid skill, as candidate will have to perform from their home. Coaches will not be responsible for any injuries.

Video Requirements

- **Sideline (learned from video)**
- **Floor cheer (learned from video)**
- **Dance (learned from video)**
- **Rebound sideline (words provided, but motions created by you)**
- **Toe- Touch jump**
- **Jump of choice (cannot be toe- touch)**
- **Tumbling is NOT required but may be included for extra points ONLY if skills are already mastered.**
 - * **Reminder that any tumbling performed on your video must be performed during the season**

TENATIVE 2020-2021

SHS Cheerleading Financial Obligations

Please make all checks payable to "SHS Cheerleading." Please place your cheerleader's name AND the items you are paying for/check number (i.e. "Check #3 or "Camp Wear") in the memo of the check.

Check #1

Camp Deposit	\$100	* ALL members
Varsity Cheer Shoes	\$ 75	* NEW members
Cheer Bag; Backpack	\$83	* NEW members
New Member total:	\$	
Returning Member total:	\$	

Check #2

UCA Camp Remaining Balance	\$234	* All members
Winter Warm Up Coat	\$90	* NEW members ; TBD otherwise
NEW JV members total:	\$	
All other members total:	\$	

Check #3

Camp Wear	\$120	* All members
Spirit Jersey	\$65	*All members
ALL Members total:	\$	

Check #4

Varsity Cheer Shoes	\$75	* All members purchase
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Check #5

Additional Expenses	\$50	
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NEW JV member total: \$

RETURNING JV member total: \$

NEW VARSITY member total: \$

RETURNING VA member total: \$

The below items should be purchased independently & are NOT included in the above cost per member. If cheerleaders already own these items & they are still in good condition they will not need to purchase new ones.

- Black boycott lollies
- White Crew fit Nike Socks
- Black Crew fit Nike Socks
- Plain black gloves & black ear warmers

Additional costs during the season include:

- Money for dinner/snacks at away games
- Buyouts for incomplete fundraisers
- Potluck items for banquets and events
- Candy for the State Fair Parade
- Candy for the other squads during City Tournament
- Team accessories for City Tournament
- Optional cheerleading merchandise (t-shirts, sweats, magnets, etc.)
- Football season senior gifts

BOOSTERS:

Money from the boosters in 2020-2021 will go towards buying new poms and new squad merchandise for game days and performances (i.e. sequin jackets & quarter zips that will be school owned).

It should be noted that if at any point a cheerleader ruins, damages, alters, or loses any garment or item belonging to SHS Cheerleading she will be held financially responsible for the replacement/repair. All squad items must be returned for a cheerleader to be eligible to advance to the next class level/graduate.

**** REMINDER: ALL cheerleaders are required to pay an \$85.00 athletic fee BEFORE the first game. The only exception is for those who qualify for a free waiver & you must re-apply each year.**

2020-2021 SHS Cheerleading Application

Candidate Name: _____

Next Year's Grade level: _____ Years of Cheerleading Experience: _____

Birthday: _____

Parent/Guardian Name(s): _____

Address: _____

Best Parent Contact #: _____

Student Cell #: _____

Parent's e-mail: _____

Emergency Contact Name : _____

Relationship to Candidate: _____

Emergency Contact #: _____

SHS Cheer Tryout Questionnaire:

Please answer the following in complete sentences.

1. Why do you want to be a Springfield High School cheerleader?
2. What are the main roles of a cheerleader?
3. Explain the significance of sportsmanship.
4. Do you have any injuries or health conditions that could impair your participation?
If so, please explain.

Please circle all of the following that apply. During stunting I have experience as a:

- Base
- Flyer
- Back spot
- I have no experience•

I am NOT willing to: _____

If I could pick one position (although not promised) in stunting I would choose to be a:

- Base
- Flyer/Top girl
- Back spot

If you are a flyer circle the following that you can perform IN THE AIR IN A FULLY EXTENDED STUNT:

- Full down
- Kick full
- Left leg Liberty
- Right leg Liberty

- Heel Stretch
- Scorpion
- Scale
- Arabesque

- 360
- Bow & Arrow
- Spike

OTHER: _____ -

2020-2021 SHS CHEERLEADING TRYOUT TEACHER EVALUATION FORM

(4 REQUIRED)

Candidate: _____ Next Year's Grade: _____

School: _____ Teacher: _____

Course (Study Hall not allowed): _____

This evaluation is a requirement of the SHS Cheer tryout application in hopes of becoming a member of the 2020-2021 SHS Cheerleading Squad. Please rate the student on a scale from 0-5: 5 being the highest. Please electronically highlight/state the point level for each category. Please do not return this form to the candidate. Send the completed evaluation via school/district email to either Coach Johnson (amjohnson@sps186.org) or Coach Jacobs (coachjacobs@hotmail.com). PLEASE BE SURE TO FILL OUT THE COMMENT SECTION OF THIS EVALUATION.

This evaluation is counted as 120 points of each candidate's cumulative tryout total. We are looking for candidates who will represent our school and our program with honor, pride, and dedication in athletics, academics, and overall demeanor. **Please give honest and serious consideration when evaluating the candidate.** Please return this evaluation as soon as possible. Failure to have evaluations turned in or incomplete gives the candidate a zero. Thank you so much for your time!

(Possible points per element is 5 points; 5 being the highest)

1. Attendance/ Punctuality:	0	1	2	3	4	5
2. Respect for Authority:	0	1	2	3	4	5
3. Respect for Peers:	0	1	2	3	4	5
4. Effort/Quality of Work:	0	1	2	3	4	5
5. Honesty & Integrity:	0	1	2	3	4	5
6. Demonstrates Positive Leadership: (i.e. does the right thing)	0	1	2	3	4	5

Actual grade last quarter: _____

Points earned: _____/30

Do you consider this candidate a role model and good representative for SHS and the SHS Cheerleading Squad? Please explain why or why not?

Teacher Signature: _____

Date: _____

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