

Cheer Team

2024-2025

Tryout Packet

**Table of Contents**

**1 – Welcome Letter 3**

**2 – Tryout Information and Dates 4**

**3 – Athlete Expectations 5**

**4 – Parent Expectations 6**

**5 – Season Overview 7**

**6 – Athlete Questionnaire 9**

**7 – Parent Questionnaire 10**

**8 – Tryout Checklist 11**

**9 – Tryout Scoresheet 13**

**10 – Signature Sheet 15**

**11 – You Made the Team: Next Steps 16**

**1 – Welcome Letter**

Thank you for your interest in Sentinel High School Cheerleading, please read through this entire packet, as it will prepare for tryouts and the upcoming season with SHS Cheerleading! High school athletics and activities are a fantastic way for students to get involved in their school and enhance their academic experience. The SHS Cheer team supports Sentinel’s Boys and Girls Basketball, Football, Wrestling, Cross Country, and Volleyball at games. We participate in a variety of school activities, including pep rallies, freshman information nights, and community events. The SHS Cheer team also works to accomplish our own competitive and athletic goals. This creates a tight and busy schedule, as students will have commitments for camps, practices, games, tumbling, and competitions. Individuals trying out should seriously consider their academic load, other sports and activities, jobs or volunteer work, and regular family and religious commitments. Even one person missing from a cheer event jeopardizes the squad’s success for the day. While the commitment level for SHS is demanding at times, cheerleaders feel a sense of pride and unity cheering for their school and will always be amazed to see their skill level improve by the end of the season.

Cheerleading is a long season. If you are trying out, you are saying you are in this for the long haul. You are joining a TEAM; a team that trusts you and expects you to be at all practices & games. We will take several longer breaks from practices during the summer, see last page. We will take a week off over Thanksgiving and a week off for spring break. We will also take a three week long break from cheer in December. Please try to arrange your travel around these times, as it is crucial for every athlete to be at practice, especially when competition season starts. Depending on turnout at tryouts, we will have a varsity team and possibly a junior varsity team. Both teams will compete in state at 2-3 competitions and regionally at 2 competitions in surrounding states or virtually. Varsity will compete at nationals

In this packet you will find all the information for the 2024-2025 Sentinel Cheer Team Tryouts. Please read through this packet carefully and be sure to register for tryouts by 4:00pm on May 13th, using this link: <https://forms.gle/Fvp8F35Cs8kJtp1HA>. We can’t wait to see you at tryouts!

**2 – Tryout Information and Dates**

Tryouts can be a nerve-racking process for potential athletes. The purpose of holding tryouts is to make sure that potential athletes will mesh well with our team. Potential athletes will be evaluated on their character, learning style, attitude, ability to take correction, as well as their cheerleading abilities.

**Tryout packet and forms are due Monday, May 13th at tryout check in.**

Athletes are welcome to leave after their tryout time on Friday, May 17th. The schedule for Friday’s Tryout will be determined Thursday night and communicated via email.

Clinic Dates:

Clinics are a great way to ease the nerves of tryouts. We will be offering four tryout clinics in April and May. These are a great chance to meet some of the current athletes you might see at tryouts and see what an average practice might look like. Join us for one or all of them!

Here are the 2024 Tryout Clinic Dates:

Tuesday, April 16th: 4:15pm-5:15pm in Wrestling Room

Thursday, April 25th: 4:15pm-5:15pm in Wrestling Room

Monday, April 29th: 4:15pm-5:15pm in Wrestling Room

Wednesday, May 8th: 4:15pm-5:15pm in Wrestling Room

Tryout Dates:

Monday, May 13th: 4:15pm-6:45pm: Introductions and Learn Tryout Dance, Learn Jumps Prep

Tuesday, May 14th: 4:15pm-6:15pm: Learn Tryout Cheer and Chant

Wednesday, May 15th: 4:15pm-6:15pm: Review

Thursday, May 16th: 4:15pm-7:15pm: Mock Tryouts

Friday, May 17th: 4:15pm-7:15pm: Tryouts

Saturday, May 17th: Team Placements Emailed and Posted on Instagram by 5:00pm

The first three days of tryouts will be solely dedicated to learning the tryout material. The tryout material will be taught by current captains. The Thursday of tryout week will be mock tryouts. Athletes will be able to run through the entire tryout process several times this day. This is a great chance for athletes to calm some of those last nerves and get advice from current team members. Current upperclassmen will act as the mock judges for this. Tryouts are on Friday. Athletes will be assigned a twenty-minute time slot, please note on your questionnaire if there are any times that do not work for you. They will perform the tryout dance, cheer, and chant in groups of three. They will then perform two jumps, a toe touch and a jump of choice, individually. After this, any athletes with tumbling can choose to perform these skills. The team will be announced via email and Instagram by 5:00pm on Saturday. Coaches will be available starting Monday morning to discuss placements.

**3 – Athlete Expectations**

* Cheer at all home and in town away football, wrestling, and basketball games. Teams also cheer for other special events throughout the school year.
* Cheerleaders represent the school at all times; therefore, they are expected to display a positive attitude.
* A Sentinel Cheerleader is responsible for his/her actions on and off the field/court/mat.
* Promoting good sportsmanship by way of example is required at all times.
* Cheerleaders are expected to follow all rules outlined in the student and cheerleader handbook.
* Cheerleaders are expected to promote a positive image for the school community-your peers, parents, teachers, and other community members.
* Any student involved in the cheerleading program shall not knowingly purchase, possess, use, transmit, or be under the influence of alcohol, tobacco, performance enhancing drugs, or controlled substances of any kind during a school year, regardless of the student’s age. A student who finds himself or herself in jeopardy because of a substance abuse problem should receive professional assistance at family expense.
* Inappropriate online behavior including provocative pictures, threats, bullying, foul language, and “bad mouthing” will be grounds for dismissal.
* Cheerleaders must attend all practices unless excused from school or by coach.
* Cheerleaders are expected to participate in ALL Team Building Activities/ Fundraisers without exception. Dates are given far in advance for planning purposes.
* Hair must be worn back if it touches the shoulder or is in the face. Jewelry, nail polish, and fingernails, that show above the fingertips from the palm side of the hand are prohibited
* Uniforms will be handed out and returned throughout the school year for washing. Please DO NOT wash your uniform. If a cheerleader returns a damaged uniform, they are responsible for paying the replacement fee.
* All official cheerleading decisions will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect from either parents or cheerleaders will be ground for dismissal or suspension from the team. If a parent or cheerleader has an issue that they feel like needs to be addressed, this should be done by setting up meeting that contains more than one coach after practice.
* Verbal aggression or “attack” from either cheerleader or parent will be automatic grounds for dismissal.
* Cheerleaders should be present for the full school day to be eligible for practices and games scheduled for that day, (exceptions may be made for doctor appointments, etc.)
* If any cheerleader quits or is dismissed during the season all SHS cheer clothing must be turned in except for the items purchased by the cheerleader. No refunds will be given for clothing associated with SHS Cheerleading.

**4 – Parent and Guardians Expectations**

Sentinel Cheerleader’s parents and Guardians are expected to:

* Attend all parent meetings and uniform fittings
* Participate in the planning/chaperoning of two team bonding activities, dinners, or trips (to camps or competitions) throughout the season. If this will be an issue please discuss with me after the first parent meeting.
* Parents are responsible to see that each cheerleader is at school at the designated time for home and away games.
* Advocate for cheerleader’s and communicate with coaches. Sometimes athletes are more comfortable sharing things with you than coaches. If there is anything that I can do to help your athlete in any way, please let me know!
* Sign up for and use the Remind app to communicate with coaches.
* Ensure athletes meet fundraising goals for team and pay difference if not.
* Participate in potluck dinners, 3-4 per year.
* Communicate concerns with coaches promptly before they become bigger issues.
* Communicate respectfully with coaches, other parents, and athletes.
* Be your cheerleader’s biggest cheerleader! We want to see you at games, performances, and competitions!
* Take pictures throughout the year for the end of the year banquet.

**5 – Season Overview**

General Schedule Overview: \*Subject to Change\*

|  |  |
| --- | --- |
| May | * Tryouts * First Practice * Team Bonding: Team Shirts * First Parent Meeting * Uniform Fittings * 1st Fundraising Goal |
| June | * No practices May 29th-June 19th * Practice Groups * Practice * Tumbling Class at Roots * Team Bonding: Water Day Picnic * Mini Spartans Cheer Camp * 2nd Fundraising Goal |
| July | * No practice July 3rd-17th * Practice Groups * Practice * Competition Team Picked * Camp Parent Meeting * USA Cheer Camp (Home) – July 18th-20th * July 18th - Practices become Mandatory * Competition Choreography * Team Bonding: * Mini Spartans Cheer Camp |
| August | * No Practice August 4th-11th * Competition Stunt Choreography * School Starts * Team Bonding: Camping/Sleepover * Football Games * Fair Performance * Football Game Checks * Volleyball Games * Freshman Orientation * Pep Rallies |
| September | * Football Games * Volleyball Games * Football Spirit Day * Mini Spartans Football Halftime * Homecoming |
| October | * Football Games * Volleyball Games * Football State * Football Senior Night * UM Homecoming Parade |
| November | * Volleyball Games * Basketball Games * Wrestling |
| December | * Basketball Games * Wrestling * USA Cheer Regionals (Virtual) |
| January | * Basketball Games * Wrestling * Basketball Spirit Day * Local Competition * USA Cheer Regionals (Virtual) |
| February | * USA High School Nationals (Anaheim, CA) – February 11th-17th * Basketball Games * Wrestling * Mini Spartans Basketball Halftime * Wrestling Tournament * GOAT Game |
| March | * Local Competition * Basketball Games * Basketball State |
| April | * Local Competition * Tryout Clinics * Respect Assembly |

**7 – Athlete Questionnaire**

**Name: \_ \_\_**

**Birthday: \_ \_\_**

**Grade for the 2024-2025 School Year: \_**

**Years of Cheer or Gymnastics Experience: \_**

**Current Tumbling Skills: \_**

**\_**

**\_**

**Previous, if any, stunting experience: \_**

**\_**

**BASE TOP PERSON BACK SPOT FRONT SPOT**

**Current GPA:­ \_**

**Are you interested in being a varsity captain? YES NO**

**Are you interested in being a JV captain? YES NO**

**Do you have any concerns for the season? \_**

**\_**

**\_**

**\_**

**Phone Number/Email (will be used for invitation to BAND if invited to team):**

**\_**

**8 – Parent Questionnaire**

**Name: \_ \_\_**

**Athlete Name: \_ \_\_**

**What are your goals for your athlete as a part of the Sentinel Cheer program?**

**\_ \_**

**\_**

**Do you have any questions of concerns for coaches prior to team announcements?**

**\_ \_**

**\_**

**Cheer is a year-round sport and we will have practices in the summer, do you have any planned vacations or times that you know you and your athlete will not be available? Please note some events over summer are mandatory if your athlete would like to be eligible for competition.**

**\_ \_**

**\_**

**\_ \_**

**\_**

**Do you have any concerns for the season? \_**

**\_**

**\_**

**\_**

**Phone Number/Email (will be used for invitation to parent Remind if athlete is invited to team):**

**\_**

**9 – Tryout Checklist**

Prior to Tryouts:

1. Athletes and parents - join tryout BAND (link available in tryout registration link.
2. Register for tryouts using this link: <https://forms.gle/Fvp8F35Cs8kJtp1HA>

Bring to Tryout Check In:

* Athlete Questionnaire
* Parent Questionnaire
* Copy of grades from current year (both semesters)
* 1 Teacher Letter of Recommendation (new athletes only)
* Signature Sheet
* Copy of Physical – Completed AFTER May 1st
* Pre-Participation Form
* A Ready to Learn Attitude

What to Bring to Each Day of Tryouts:

* Refillable Water Bottle
* Snacks
* Supportive Tennis shoes or cheer shoes (if you have them, please don’t go out and buy cheer shoes as we will order team ones at the start of the season)
* Hair pulled up and out of your face
* Athletic clothing: Monday-Thursday

For Tryouts on Friday:

* Black Athletic Shorts, Plain Purple/White/Black T-shirt or tank top, tennis shoes (or cheer shoes if you have them, please don’t go out and buy cheer shoes as we will order team ones at the start of the season), hair in a high pony, plain purple or white ribbon (optional)
  + If you were previously on the SHS cheer team, please do not wear any SHS cheer shirts, shorts, bows.

Items to be Completed in Dragonfly prior to first practice if invited to join the team:

* Create a Dragonfly account

1. Visit dragonflymax.com and click “Log In/Sign Up” button.
2. Click “Sign Up for Free”, then follow the prompts to create your Parent account with your own email address.
3. Verify your account with the verification ID sent to your email address.
4. Click “Connect to your school” to select “Parent” as your role and search for “Sentinel High School”.
5. After selecting “Sentinel High School”, click “Join” to request access. An administrator at your school will approve your request.
6. Click “Set up your children” and follow the prompts to add your kid(s) and fill out their participation forms.
   * White Fee: TBD (no more than $70)
   * Activity Card
   * Insurance Card
   * Assumption of Risk 2024
   * Parent Code of Conduct
   * Student Code of Conduct
   * Student-Athlete & Parent/Legal Guardian Concussion Statement
   * MHSA Provider’s Physical Examination Form
   * MHSA Confidential Athletic PPE – Health History

**10 – Tryout Scoresheet**

This will be the scoresheet used by the judges during tryouts on Friday, May 17th. Tryouts will be judged by two-three non-affiliated judges and head coach.

**Chant:**

Voice: /4

You need strong vocal projection, confidence in cheers and motions with appropriate facial expressions.

Motions: /3

Motions should be tight and in the correct position. Are you hitting each motion or flowing them together? Are your arms straight and fully locked when they should be?

Energy: /3

Do you seem excited to cheer? Are you projecting that energy to the crowd?

**Cheer:**

Voice: /4

You need strong vocal projection, confidence in cheers and motions with appropriate facial expressions.

Motions: /3

Motions should be tight and in the correct position. Are you hitting each motion or flowing them together? Are your arms straight and fully locked when they should be?

Energy: /3

Do you seem excited to cheer? Are you projecting that energy to the crowd?

**Dance:**

Ability to Stay on Count: /2

Are you hitting each motion on the correct count? Are your ripples correct?

Motions: /4

Motions should be tight and in the correct position. Are you hitting each motion or flowing them together? Are your arms straight and fully locked when they should be?

Energy: /4

Do you seem excited to be here? Are you projecting your energy to the crowd?

**Toe Touch:**

Arm Levels: /2

Are your arms in the correct spot at each count? Are your arms straight?

Leg Levels: /2

How high is your jump? Are you sitting into it and bringing legs up or star jumping?

Ability to Jump on Count: /1

Are you jumping on the correct count?

**Hurdle:**

Arm Levels: /2

Are your arms in the correct spot at each count? Are your arms straight?

Leg Levels: /2

How high is your jump? Are you kicking your leg up or dropping your chest down?

Ability to Jump on Count: /1

Are you jumping on the correct count?

**Pike:**

Arm Levels: /2

Are your arms in the correct spot at each count? Are your arms straight?

Leg Levels: /2

How high is your jump? Are you bringing your legs up or dropping your chest in the pike? Are you sitting into it and bringing legs up or star jumping?

Ability to Jump on Count: /1

Are you jumping on the correct count?

**Tumbling:**

List Skills Performed: /3

What skills did you perform?

Technique: /2

Were legs straight and toes pointed? Did you stick your landing?

**Total: /50**

**Coaches Interview and Practice Notes:**

Why do you want to be a Sentinel Cheerleader?

How will you contribute most to the team?

What is your biggest strength as a cheerleader? As a teammate?

What is your biggest weakness as a cheerleader? As a teammate?

Attitude at Practice:

Attitude towards challenges:

**Peer Interview Notes:**

Impression on captains:

Impression on peers:

**Grade for 2024-2025 School Year:**

**Can you see this athlete as a potential captain?**

**YES/NO**

**11 – Signature Sheet**

Personal Cheerleader Contract Agreement I have read the Sentinel High School Cheerleading Tryout Handbook and understand the responsibilities and privileges of being a Sentinel School Cheerleader. If you make the cheerleading squad, realize that you are making a commitment to Sentinel, your coaches, your teammates, and yourself for the Complete Cheer Season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of SHS, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the 2024-2025 Cheer Handbook and Code of Conduct (to be discussed at the first practice and parent meeting). By making this commitment to SHS School Cheerleading Program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate. These activities not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in life.

I will abide by these rules and regulations if chosen for the 2024-2025 cheerleading squad. I understand that if I do not follow the rules, I will receive consequences and may be suspended and/or removed from the cheerleading squad. I will cooperate fully with the coaches and all persons and organizations concerned to promote spirit and good sportsmanship at Sentinel High School. At all times, whether at school or away from school, I will conduct myself in a manner that best represents the students and faculty at Sentinel High School.

Athlete Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and understand the 2024-2025 rules and expectations for SHS Cheer program. I agree to the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules and policies could result in dismissal from the squad.)

Athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

Parental Permission My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has permission to tryout for the cheerleading squad at Sentinel High School for the 2024-2025 season. If chosen, she has permission to participate as a member of the cheerleading team for that school year. I have read and discussed with my child the guidelines, and I understand the responsibilities and commitment of being a cheerleader. I also understand the role I must assume as a parent of a cheerleader, and I will assist in every way to see that the rules and regulations are enforced. I will do my best to support the coaches and administration in decisions made throughout the season. I understand that every attempt will be made to properly supervise all activities to prevent any accidents or injuries. I do hereby give my consent and support for my child, if selected, to be a cheerleader at Sentinel High School for the upcoming season.

Parent/Guardian Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12 – You Made the Team: Next Steps**

1. Athlete’s join the mandatory cheer team band and varsity/JV team band. Invitations will be sent out Sunday by 5:00pm to join bands. Download the band app and create an account.
2. Parent’s join mandatory cheer team Remind. Invitations will be sent out Sunday by 5:00pm to join remind.
3. First Practice: Tuesday, May 21st 4:15pm-6:15pm
4. Mandatory Parent Meeting and First Uniform Fitting Tuesday, May 21st 6:15pm-6:45pm
5. Fill out Summer excused absence form by Friday, May 31st.
6. Mandatory Practice May 23rd 4:15pm-5:45pm.
7. Mandatory Practice May 28th 4:15pm-5:45pm
8. May 29th Practice Groups start

**Current Summer Schedule: \*Subject to Change\***

These are the current days that we will not have any cheer related events. Please try to schedule your vacations and out of town trips for these times. A more detailed schedule will be handed out at the first practice in May.

May 31st-June 19th: No practices or scheduled team events

July 18th-20th: USA Cheer Camp Home (mandatory for athletes to be able to compete at USA Nationals)

July 3rd-17th: No Practice

August 8th-14th: No Practices

August 28th: School Starts