

Canton Football Cheerleading Tryout Packet 2010



Coaches:

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Team Rules and Expectations

1. According to the athletic department standards for eligibility, athletes are required to be passing 4 classes in the current semester and must maintain a GPA of at least a 2.0 each semester. All girls are required to bring a copy of their progress report at the end of the school year. Any girl who has a GPA below 2.5 will be required to bring in bi-weekly progress reports in the fall until the GPA is above 2.5. Please talk to someone and get help if you are having trouble in any of your classes! We want you to stay a part of this team, but you must remember school ALWAYS comes first.

2. Attendance at all mandatory practices and events is required. Only in the case of severe illness as documented by a physician or death in the immediate family will absences be permitted. Absences of these natures will be the only acceptable reason for absence. Please be aware that any absence may result in not participating in the material. If you are not there when it is learned, a spot may not be created for you. *Please keep in mind jobs, studying, appointments, and other things of this nature are not legitimate reasons for absences.* You have the practice schedule well in advance; please make your plans around this! In the event of any absence, the athlete or their parent must notify the coach of the absence before the practice or event. If the coaching staff is not informed of the absence before practice a parent meeting will be called. A second incidence of this may result in removal from the team. The absence policy is as follows:

- 1st absence—15 minutes conditioning following the next 2 practices
- 2nd absence— ½ game suspension
- 3rd absence— 1 game suspension

3. Being late to practice is not acceptable. The time spent practicing during the week is very limited and we cannot afford to wait for people. It is the athlete's responsibility to arrange for and make sure their rides are on time to all practices and events. The cheerleader will be held solely responsible regardless of the reason for being tardy. The tardy policy is as follows:

- 1st and 2nd tardy—conditioning after practice (1 minute for every minute late)
- 3rd tardy—conditioning after practice and ½ game suspension
- 4th tardy—conditioning after practice and 1 game suspension

Continued absences or tardies may result in removal from the team at the discretion of the coach.

4. Cheer team members represent the school and the community. Any team member who does not act in an appropriate manner through alcohol or drug use or any type of illegal activity will be subject to punishment under the rules of the team, athletic department and school. Be aware this could result in removal from the team. This regulation is in effect 365 days a year. The Canton Cheerleading Code of Conduct for Alcohol and Drugs is:

- 1st offense—student is required to sit the next two games.
- 2nd offense—removed from the team for the remainder of the season.
- 3rd offense—removed from all athletics.

5. All cheerleaders are expected to show respect towards the coaches, teammates and themselves. In addition, we expect all girls to display a positive attitude. Repeated instances of poor attitude or disrespect will result in punishment to be determined on a case by case basis including suspension from practices, games and other events, or removal from the team.

6. Fighting and bickering is not tolerated amongst the teams, amongst teammates or amongst parents. Everyone will be treated with the same respect you expect to be treated with. All problems regarding the teams or teammates must be brought to the attention of the coach so they can be addressed and dealt with immediately. Threats and/or acts of violence against others will not be tolerated.

7. There will be no public displays of affection while student athletes are in uniform or while representing their school at any event.

8. In accordance with MHSAA regulations, no one in the NHS cheer program may participate in any group or event that purports to be “all-star” regardless of the season. (MHSAA Cheer Manual)

9. Appropriate practice clothes must be worn during practice. Clothing should not be baggy or too revealing. Spandex shorts or briefs are highly encouraged under your shorts. Jewelry is never appropriate. All piercings are to be removed. Proper athletic shoes are necessary and must be worn at all times unless otherwise directed by the coach. Hair must be pulled back out of the face and off the shoulders. Cheerleaders should not have painted, acrylic or nails that are visible past the fingertips. (MHSAA Cheer Manual).

10. The uniforms are the property of the Canton Cheerleading Booster Club. It is the athlete’s responsibility to keep it in excellent condition. Uniforms must be neat and clean at all times. Failure to keep a neat appearance will result in having to sit out at games and other events. Never loan your uniform to anyone. Athletes are financially responsible for lost or damaged uniforms. All uniforms must be clean and in good repair when returned. Uniforms that are dirty or in need of repairs will be assessed a \$25/piece fee. Lost uniforms will be assessed a \$50/piece fee.

11. Quitting a team is highly discouraged in Canton athletics. It speaks clearly to an athlete’s commitment and character. Once placed on a team, athletes are expected to fulfill their commitment to that team.

12. Athletes that fail to maintain skills they were able to perform at tryouts or anytime throughout the season may be moved down to a lower level team or removed from participation in games/events. This could ultimately result in removal from the team.

13. The use of cell phones during practice is not permitted. This includes talking, texting, emailing or any other use. All cell phones should be silenced during practice.

Cheering requires a commitment involving time and dedication to yourself, your team, and your school. All rules will be strictly enforced. Athletes that choose not to follow the team rules will face suspension or may be removed from the team.

Game Procedures

1. Arrive on time and meet with the team at the designated area. Athletes who arrive late to the game will sit the 1st quarter.
2. Anyone that does not know the material will not be allowed to participate until they do.
3. Athletes are required to bring ALL uniform pieces to each game, regardless of weather. Anyone not possessing all of the appropriate uniform pieces will not cheer the game. Hair must be pulled back for the game and a ribbon must be worn.
4. Have a professional attitude. No laughing, giggling or talking during the game. Socializing with teammates or people in the crowd is not acceptable during the game.
5. Sportsmanship is necessary at all times. Cheerleaders are there to control the crowd by leading in a positive manner.
6. Stay with the team at all times. The team will meet with the coach before the game, at half time and after the game. These are not times for socializing. If a break is allowed at half time, athletes are only permitted to use the restroom during this time. Athletes who fail to return to the track at the designated time will sit the 3rd quarter.
7. Athlete's that are sitting out for any reason are expected to sit in front of their section of the chant line in full uniform.

No exceptions will be made unless otherwise discussed with the coach. All final decisions will be left to the discretion of the coach.

Requirements for Earning a Varsity Letter or Sub-Varsity Certificate

1. Must fully participate in 8 out of the 9 scheduled games for the season at the team level.
2. Complete the season as a team member in good standing.
3. Return all uniforms and equipment in good condition.
4. Have no outstanding debts owed to the cheer account.

Parent Expectations

1. Follow the guidelines established in the Parent-Coach Communication Guide.
2. Participate in the cheer program by volunteering for various committees.
3. Understand that by volunteering you do not have any expectation of personal benefit. It will not promote your athlete's standing in the program. Athletes themselves earn their position through hard work.
4. Realize that team levels are established by ability not age. The freshman team is the exception. This team is based on ability and age. As a general guide, the Varsity Team may be comprised of 10-12 grade athletes. The JV Team may be comprised of 9-11 grade athletes and the Freshman Team will consist of 9th graders only.
5. If you have a concern it is your responsibility to address it with your team coach. Do not ask others to do it for you. It is not their issue. Your best source of information is the coach.
6. Communications between the coach and parent are just that-between the coach and a parent. These communications do not impact the athlete/coach relationship. Do not share private communications with others.
7. The purpose of the Cheer Booster Club is to give parents a positive way to support the program through volunteering on various committees. All plans must be approved by the coaching staff.
8. The best way to support your athlete is to support the program and coaching staff. Athletes bring their attitudes from home. If a parent is negative, demeans the ability of other athletes and questions the authority of the coach, the athlete will mirror this. Negative begets negative, positive begets positive.
9. Do not compare your athlete to others. Celebrate their accomplishments and applaud the achievements of others.
10. Let the athletes cheer, let the coaches coach, let the parents be positive. Remember that this is not about you or your individual athletes; it is about the team and ALL the girls on it. The coaches are in charge of developing and implementing the program. The parents should help in ways that make it easier for the coaches to focus on coaching the teams.

Fundraising Policies

1. Opportunities for individual credit may be available to offset some of the expense for the individual.
2. Team fundraisers are to fund things that will directly benefit the program.
3. No fundraising may take place without permission of the booster club.
4. No funds are spent without the consent of the coach.
5. For individual opportunities for credit, the funds go directly into the Canton Cheer account. Each team member has a personal fund record kept by the booster club treasurer. If the team member leaves the team with funds remaining in their individual account, the funds become the property of the cheer program.

Team fundraising efforts are mandatory. Individuals that do not participate in team fundraisers will be charged for their fundraising obligation on each event. This will be calculated either on a set amount or based on the total amount earned per individual that participated in the fundraiser, depending on the nature of the fundraiser itself.

Team Costs

Total cost for the 2010 sideline cheer season is dependent upon the number of athletes that are on the team. For your budgeting purposes we estimate this year's cost to be \$865 per cheerleader (based on a 50 athletes on the team). Once teams have been selected this amount may be adjusted if the total team count is more or less than 50.

Each team member is expected to pay a \$400 commitment payment at the May 19th parent meeting. This payment is non-refundable. Please plan to bring your checkbook to the parent meeting. A detailed budget document will be distributed the week of tryouts outlining the line-item budget, payment dates and specific fundraising efforts all athletes will participate in to offset their individual cost.

Tryout Evaluation Standards

Tryouts will consist of the following:

1. 2 Chants to evaluate arm motions, voice and presence
2. CHS Fight Song
3. Jumps—Toe Touch, Right Herkie
4. Flexibility—Right Heel Stretch, Switch Splits
5. Tumbling—Running pass (round-off+skill(s)), Back Tuck, Back Handspring, Right Leg Back Walkover and Round-off. *Athletes should only perform tumbling skills they feel comfortable with. One spot is allowed during tryouts for half-credit. Any unsafe skills performed will result in 0 points awarded for the tumbling portion and may result in removal from team consideration.*

Candidates are evaluated by comparing their performance to the ideal execution of each skill. More information on these skills can be found on our website.

Tryout attire will consist of black or red shorts and a plain white T-shirt or tank. Sports bras must be worn. A white or red ribbon may be worn in the hair. Cheer/athletic shoes and no-show socks are required. No jewelry may be worn. All piercings must be removed.

Tryout Process Information

Clinic Dates/Times: May 10th and 11th 6-8:30pm. Material for tryouts will be taught on these days.

Tryout Date/Time: May 12th 5:30-? We will review and warm-up, followed by tryouts.

Location: Canton Gym, Phase III

Participants will tryout in groups of 3 by moving through three stations (cheer, jumps/flexibility and tumbling). The tryout groups will be determined by order of signup during clinic dates. Following the completion of their tryout, they will be free to leave.

Team placement is based on the athlete's total score following tryouts and not on the performance of individual skills. Results of the tryouts will be posted on our website and on Facebook before 11pm on May 12th.

Tryouts are closed to the public. No one other than coaches, designated personnel, and participants will be allowed in the gym.

Tryout Checklist

The following must be turned in *before* the start of tryouts on May 12th to be eligible for tryouts.

- Completed tryout application
- Athlete Info Sheet
- Signed contract
- Physical form (if you have not participated in a sport during the 2009-2010 school year)
- Report Card

Sideline Cheer Important Dates

Practices:

Summer Lifting/Conditioning: May 25th-June 10th—Wednesdays and Thursdays, 6-8:30pm

June 15th – August 5th –Tuesdays and Thursdays, 6-8:30pm

Tumbling: Beginning May 26th—Tuesdays, 6:30-7:30: no back handspring. 7:30-8:30: solid BHS

June 14th-August 6th—Wednesdays, 6:00-7:00: no BHS. 7:00-8:00: solid BHS

Mandatory Fall Training: August 9th-25th, Monday-Thursday 6-8. Practices missed beginning now will be subject to the attendance policy.

Regular Fall Practice: Starting week of August 30th. Monday-Wednesday 6-8.

Team Events:

Tryouts: May 10th-12th

Mandatory Parent Meeting: May 19th @ 7pm in room 305, Phase III

Uniform Sizing/Order Day: May 26th @ 6:45pm

Race for the Cure: May 22 6am-12pm

Liberty Fest Parade: June 19

Car Wash: June 19, following Liberty Fest

Canton Cheer Clinic: June 21 9am-4pm

Camp Dates:

Team Camp is MANDATORY. Inability to attend camp will be taken into consideration during team selection and for homecoming performance/game participation. Athletes will be required to pay for camp regardless of attendance.

Mandatory Fr/JV Camp Practice: June 28-July 2

Fr/JV: July 9-11

Mandatory Varsity Camp Practice: July 26-30 6-8 pm

Varsity Camp: July 31-August 2

Varsity Stunt Camp: August 17

Payment Due Dates:

1st Payment: May 19 (at parent meeting)

2nd Payment: TBA

3rd Payment: TBA

Please check your email and our website frequently. We will communicate any changes or additions to this schedule, as well as important team information via email, our website and Facebook. Athletes will be responsible for knowing about any changes made.

Athlete Information

Athlete's Name _____ Grade (2010/11) _____

Address _____

Parent's Name _____

Home Phone _____

Athlete's Cell Phone _____

Parents' Cell Phone _____

Athlete's Email _____

Parent's E-mail _____

Please provide us with an email that you will be able to check frequently. We use email often to communicate important information with the team regarding meeting times, upcoming events, volunteer opportunities and changes to the schedule. It is very important that you check your email at least once a day to stay up to date. Important emails will also be posted on our website, so you may also check there for this information as well.

Canton Cheer Team Student/Parent Contract

Student: Your signature indicates that you have read all the Cheer Team Rules, Game Procedures, all other information provided in the tryout packet and fully accept them and the responsibilities necessary to be a contributing member of a team.

Student Signature _____ Date _____

Parent: Your signature indicates that you accept and will fully cooperate with the obligations of the cheer team, as explained in the rules and tryout packet.

Parent Signature _____ Date _____

Canton Cheer Team Try-out Application

Name _____ Grade (2010/11) _____ T-Shirt Size _____

1. Please circle the level(s) for which you wish to be considered. It is in your best interest to keep your options open. The coaching staff will place you on the team that is a best fit for your abilities.

Varsity
10th-12th only

JV
9th-11th only

Freshman
9th only

2. Have you been a member of a cheer team before? Yes No

3. If yes, please list team and number of years of participation.

4. If you have stunting experience please indicate your stunting position.

Base

Backspot

Flyer

4. Are you currently participating or plan to participate on an "All-Star" or Travel/Club Cheer Team?

Yes

No

5. During the 2010/11 school year, do you plan to be involved in sports teams in the winter and/or spring seasons? Which ones? This includes Competitive Cheer.

6. Why are you trying out for this team? What do you hope to gain from this experience?
