CHEERLEADER/PARENT INFORMATION

Prospective Cheerleader, please take this home for your parent/guardian(s) approval. It contains important information for all of you to review if you are considering applying for the position of cheerleader at Woodside High School.

**Important Dates:**  Tryout April 15\textsuperscript{th} - 17\textsuperscript{th} / First Cuts if necessary (depending on number of participants trying out) April 16\textsuperscript{th} / All participants that make 1\textsuperscript{st} cuts show up on April 17\textsuperscript{th} for final evaluations / Final Placements & Team Posting: April 20\textsuperscript{th}

**First Meeting:**  TBA

**Practice and Conditioning Sessions:** Dates & Times TBA

**Costs:**

*ALL PREVIOUS DEBT FROM 2014/2015 CHEER SEASON MUST BE CLEARED IN ORDER TO TRYOUT*

You will be responsible to purchase the following items that are not given to you from the school. We are unable to do a payment plan this year therefore all money is due by June 30 no exceptions, you are encouraged to participate in our fundraiser to help cover the cost. We will be doing all of our orders with the Varsity Cheer Company. All participants selected for JV or Varsity will be expected to purchase new items, warm-up-$108, shoes-$75, Rain Jacket $14, Camp Gear $150, Cheer Gear includes bag, 2 bloomers, Bra, body liner $125, Bow $18 Team Tee $50, Camp @ Great Wolf Lodge Aug 10-13 $373. Total for Football/Competition season 2015 is estimated to be no more than $913.

Uniforms and any other equipment that is the property of Woodside will be provided to you for the season. You are responsible for keeping all items clean, and washed at all times. Should the cheerleader ruin the uniform, lose any other Woodside property, you will be responsible for replacing the item(s). The cost of the uniform: Varsity-$230, JV-$170. These are estimated prices based on last year. The cost of items may be more or less. You will get an exact price list/order form at the parent meeting.

Monthly schedules/calendars including practices, games, bus schedules, conditioning or performances will be distributed to all members at the parent meeting by the coaches. JV & Varsity will practice together in the summer until the Fall Practice schedule starts in September.

**Other Information:**

**Judging Criteria (skills may be edited for any males that are interested in trying out)**

- Jumps-proper prep technique, Toe Touch, Right/Left hurdler and Pike
- Sideline Cheer/Chant-motion technique, including high step, arm levels, sharp motions, correct hand/fist placement etc.
- Gymnastics Skills-not required; however, additional points will be awarded.
- Communication/Crowd Appeal/Voice: Spirit, facial expressions, confidence, & projection

***Being a previous Woodside High School Cheerleader does not guarantee a spot on the squad. All girls/boys/mascots trying out will be judged individually and on their own merit including their potential for growth, ability and academic eligibility. Incoming Freshmen and Sophomores will be considered candidates for both JV and Varsity while Juniors and Seniors will be eligible for Varsity only. Middle School participants (8\textsuperscript{th} grade only) will only be eligible for JV sideline.***

**What to wear for tryout clinics:** Athletic shorts without a slick finish preferably “soffee” type shorts, t-shirt (please avoid oversized shirts and hoods) & tennis shoes. All hair should be kept off the face and when possible should be worn in some type of ponytail. (May not wear shirts that say Woodside Cheerleader or Cheerleader)

**What to wear for the tryout:** Please wear cheer style shorts and a solid color t-shirt. Tennis shoes should be worn with crew or no show socks. Hair should be well groomed and worn in a ponytail if possible (ribbons are ok). Look spirited ready to support your school! Wearing school colors would be great, however, if you were a former cheerleader, do not wear items from the previous year that have “Woodside Cheerleader” on them.
Woodside High School

2015-2016 Application for Woodside High School Cheerleading Tryouts

My child, ____________________ has my permission to tryout to be a cheerleader at Woodside High School. I understand that he/she must abide by the rules set forth by the coaches, and administration of Woodside High School, and be present for all practices and games. I understand that my child must have a current physical on the VHSL form and I also understand that ALL FORMS AND ALL CRITERIA REQUIRED including this application sheet must be completed by Wednesday, April 15th, or my child will not be allowed to tryout. I understand that my child must be a dedicated member to the team for a full season if he/she is chosen on the final tryout date. All events are mandatory unless excused by the coach. Your child must attend all tryout sessions, or it is possible that he/she will not be considered for a cheerleading position.

- I understand that my daughter/son will be evaluated by the coaches
- I understand that my daughter/son must meet ALL requirements for the cheerleading team and turn in all of the following:
  o This application
  o VHSL physical form
  o grade sheet
  o One Teacher Recommendation
  o Interview conducted by coaches
  o Self portrait (picture) if you have never cheered for WOHS before—please include your name on the back of your picture

- I understand that all costs for cheerleading will be paid on time when the due date is given. I ALSO UNDERSTAND THAT ALL MONIES COLLECTED FOR CONSUMABLE ITEMS ARE NON-REFUNDABLE.
- I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Newport News Public Schools, Woodside High School or any of its personnel responsible in the case of accident or injury at any time.

_________________________ _______________ ___/___/____
Parent or Guardian Name (print please) Parent or Guardian Signature Date

Address _____________________________________ Phone Number: __________________

I am interested in being a cheerleader at Woodside High School. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches and administration of Woodside High School. I promise to cooperate and follow instructions of the cheerleading coaches. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad.

Student Name (print) _________________________ Student Signature ______________________ Date: __________

Grade in school as of 2015-2016 School Year _______

DO NOT WRITE IN THIS BOX- FOR COACHES ONLY!

___ Current Physical on file  ___ Picture Turned in
___ Grade Sheet turned in  ___ # of days attended for Tryout Sessions
___ # of Teacher Evaluations turned in  ___ Interview
Teacher Evaluation

Please complete the following form as soon as possible, so that we will have time to tally prior to the tryout date. Teacher evaluations will be averaged together to count for a portion of each candidate’s score. Only those teachers who taught the candidate the first semester will participate in the evaluation process. Therefore, it is very important to give the student an honest rating based on your knowledge of that individual student.

Please complete this form and return it to Coach Aponte-Hart’s box by April 15th. It is very important that you rate the student according to how YOU feel the student does in YOUR class or classes. Please be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by the coaches.

Thank you for your time and cooperation. If you have any questions, please feel free to contact Coach Knight or Coach Aponte-Hart at lknight@gc.k12.va.us or Gracie.Aponte1@nn.k12.va.us

Name of Applicant ________________________________________________________________

Class(es) Taught ________________________________________________________________

Approx. G.P.A. ____________________________

Did this student ever need to be disciplined by you, and if so, what was the offense?

______________________________________________________________________________

On a scale of 1 to 5, please rate the applicant in each of these areas listed below by using the rubric given:

5-OUTSTANDING  4- EXCELLENT  3- SATISFACTORY  2-POOR  1-NOT OBSERVED

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher: ____________________________________________________________

Date: ___/___/___  School: ______________________________________________________

Additional Comments:

______________________________________________________________________________

______________________________________________________________________________
Name: _________________________ School now attending: _________________ Grade: __________
Home Phone: _________________________ Cell Phone: _________________________

Home Address: __________________________________________________________________
____________________________________________________________________________

Please complete the following section. You will need your grades, classes, and teachers from first nine weeks. The teachers named below will be asked to complete a teacher evaluation on the applicant that will be added to the tryout scores.

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Extracurricular activities
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