

2020-2021 LANSING H.S. CHEERLEADING CLINIC & TRYOUTS

Located at the High School Gym

Cheer Clinic Material: Participants can use the Google Classroom code: **ju2vnfg** to join the "2020-2021 LHS Cheerleading Tryouts" group on Google Classroom as soon as Sunday, March 8th. Here you will find links to the sideline chant, cheer, and dance you will perform at tryouts.

Cheer Clinic - located at the **Lansing High School Gym**. Enter through the Activities Entrance. Clinic Days are mandatory for **practicing** tryout material, learning jump techniques, and working out stunt groups.

Tuesday, March 10th: 6:30-8:00 pm

Wednesday, March 11th: 6:30-8:00 pm

Tryouts - located at the High School Gym

Thursday, March 12th at 5 pm

Parent Agreement, Permission and Medical Release Form, Participant Agreement for Lansing H.S. Cheer Tryouts, and Student Participant's Info Form - Complete and return all three of these forms together to Coach Merritt **at the beginning of the first day of tryout clinics (March 10th)**. You must have these forms completed and signed to participate or attend the clinic and tryouts.

Confidential Teacher Evaluation Forms - All 7 Teacher Evaluations and Prior Coach/Sponsor Forms in this packet are due from your current classroom teachers and prior coach/sponsor to Coach Merritt by Wednesday, March 11th in order to try out. Give each of your 7 classroom teachers listed on Skyward an evaluation form to complete (do not count your CCR/Study Hall/Advisory). Do all this ahead of time. Do not wait till the last minute and put pressure on your teachers. Make sure you put your name and your teacher's name on each form before you hand them to the teachers. Please ask the teachers to put them in Coach Merritt's mailbox at the high school by Wednesday, March 11th at 3:00 pm.

Guests will not be allowed to watch, linger, or mingle during the clinics or tryouts.

No videotaping will be allowed.

Students must have a current year grade point average of 2.5 to tryout

The 2020-2021 LHS Cheerleading Squads will be posted on the Google Classroom "2020-2021 LHS Cheerleading Tryouts" group on Friday, March 13th by 4 pm to allow all judging to be scored and completed.

If you have any questions, contact:

Stephanie Merritt

LHS Head Cheer Coach

727-3357 (LHS) or stephanie.merritt@usd469.net

TRYOUT INFO

*Each Participant will perform the following in front of a panel of judges:

1. Spirit Entrance (individually) - include any tumbling skills
2. 3 Jumps (individually) - one must be a toe touch
3. Sideline Chant (individually)
4. One Cheer (with others)
5. Dance (with others)

*Each participant will also go through an interview process individually in front of a panel of judges.

*At Clinic - wear a t-shirt, athletic shorts, and athletic shoes or cheer shoes.

*At Tryouts - wear a solid color t-shirt with short sleeves and no writings or logos; athletic shorts and athletic shoes. Do not wear spunks, yoga pants, cheer clothes or cheer shoes to the tryouts. This includes any cheer wear or shoes purchased from Varsity or other cheer companies.

*Hair must be worn completely out of your face in a high or mid ponytail to clinic and tryouts

*Do not wear jewelry, including watches and small earrings to clinic and tryouts

*Do not wear "Cheerleader" bows

*Ribbons can be worn to clinic and tryouts

Try-out Tips

*Be early to the clinic and tryouts

*Smile and look like you are enjoying yourself; happy and confident

*Practice until you feel comfortable and confident. Practice in front of a mirror.

*Make sure to look up at the judges

*Keep your motions and jumps clean, sharp, and controlled

*Tumbling is optional and can be included in your spirit entrance. It is not required. Only do tumbling you can do well.

*Make sure you show spirit; yell phrases like "Go Big Red" and "Let's Go Lions"; Be loud, clear, and concise

*Review the attached Judge Evaluation and work on the items they will be judging you on

Frequently Asked Questions:

*Varsity Cheerleaders cheer for all varsity football games, some home varsity soccer games, and varsity girls and boys basketball games

*JV Cheerleaders cheer for all home JV football and home JV basketball games

*Cheerleaders cannot play volleyball, tennis, or basketball, or any fall or winter sport

***Cheerleaders can only participate in spring sports because of the time conflicts**

*Cheerleaders are also required to perform at all pep rallies; sponsor and attend all homecoming and mini cheer activities; attend other outside events; attend summer practices; attend summer cheer camp; conduct fundraisers, decorate senior homes, conduct community service, and other activities as assigned.

*Students must have a current year grade point average of 2.5 to tryout

*Scoring will be based on tryouts, grades, teacher evaluations, and past or present coach evaluations. All score sheets, scores, and evaluations are confidential and will not be shared with the students or their parents. Returning Varsity and Junior Varsity cheerleaders must try out for the 2020-2021 teams. They are not automatically back on the team.

*The **estimated cost** for a new varsity cheerleader is \$1,300 and junior varsity is \$900. Camp costs of approximately \$455 is due April 1st and the rest of the cheer payment can be set up at \$100 at the first of each month or the first practice of each month, beginning the first of May until paid in full.

*When chosen as Cheerleader, you are expected to participate in all assigned games and practices, wear proper uniforms, and conduct yourself in a manner which reflects positively on Lansing High School. A system of demerits will be used which is outlined in the Cheerleading Constitution.

STUDENT PARTICIPANT'S INFO

Student's Full Name: _____ Nickname: _____

Student's Address: _____

Student's Home Phone: _____ Student's Cell Phone: _____

Grade for this upcoming school year: _____ Age: _____ Birthday: _____

Emergency contacts during clinic and tryouts:

Mom's first and last name: _____

Mom's cell: _____

Dad's first and last name: _____

Dad's cell: _____

Extra Contact Name: _____

Phone: _____

Doctor & Phone: _____

Insurance & Policy #: _____

List any prior injuries and treatment: _____

List any health issues and/or medications you are taking: _____

List any cheer, tumbling, or dance experience (how many years & where): _____

List any sports, organizations, or theatre performances you hope to be involved with in this upcoming school year: _____

What dates will you be gone or have conflicts with cheer practice or camps this summer? List ALL dates for the whole summer. (Camp will be June 18-20)

Current Classroom Teachers This Semester (As Listed in Skyward):

1st Hour: _____

2nd Hour: _____

3rd Hour: _____

4th Hour: _____

5th Hour: _____

6th Hour: _____

7th Hour: _____

8th Hour: _____

Prior Coach _____ (name and email)

Coach Merritt and Coach Faulk will fill out an Evaluation for current cheerleaders.

PARTICIPANT AGREEMENT FOR LANSING HIGH SCHOOL CHEER TRYOUTS

*I understand the tryout and selection process and agree to abide by the decision of the cheerleading coaches.

*I am interested in being a cheerleader for Lansing High School. I understand the risks, responsibilities, and financial obligations as outlined in this packet. If selected, I promise to abide by the rules and regulations set forth by the Cheerleading Coaches. I promise to cooperate and follow the instructions of the cheerleading captain(s), clinician, and coaches during the clinic and tryouts.

*I am aware of the basketball, football, and soccer calendars and have spoken to the Head Cheerleading Coach about any potential conflicts for the upcoming school year.

*If selected, I understand that I am expected to attend all practices, games, and events as scheduled by Lansing High School and Cheerleading Coaches and understand a system of demerits will be used, outlined in the Cheerleading Constitution. (A copy of last year's constitution available upon request).

*I understand that all tryout score sheets, scores, and evaluations are confidential and will not be shared with the students or parents. Returning Varsity and Junior Varsity cheerleaders must try out for the 2020-21 teams. They are not automatically back on the team.

*I understand that if I tryout and make the squad and later choose to quit or are removed from the team, I will not letter in cheerleading and will not be allowed back on the squad for the year. Additionally, I will still be responsible to pay the remainder on my account balance.

I am interested in the following squad(s) for this upcoming year:

_____ Varsity Only

_____ Captain (Only for returning Varsity Squad Members from 19-20 squad)

_____ Junior Varsity Only

_____ Varsity or Junior Varsity

Participant's Signature: _____ Date: _____

PARENT/GUARDIAN AGREEMENT, PERMISSION AND MEDICAL RELEASE FOR CHEERLEADING CLINIC AND TRYOUTS

_____ has my permission to participate in the Lansing High School Cheerleading Clinic and Tryouts. I understand that they must abide by the rules and regulations set forth by the Cheerleading Coaches and be present for the tryouts. I understand that violations of any rules set out by the coaches may lead to my daughter or son not making the Cheerleading Squad.

*I understand the tryout and selection process and agree to abide by the decision of the cheerleading coaches.

*I understand that the estimated costs for varsity cheerleaders will be about \$1,300 and \$900 for junior varsity and that these are estimated costs until the actual purchases are made.

*I understand by the very nature of this activity, cheerleading carries a risk of physical injury. No matter how careful the participant and cheerleading coach(es) are, or what landing surface is used, the risk cannot be eliminated.

*I will work with my daughter/son to support their decision to be a part of this program.

*I have spoken to the Head Cheerleading Coach about any potential conflicts for the upcoming 2020-2021 school year.

*If selected, I understand that my student is expected to attend all practices, games, and events as scheduled by Lansing High School and Cheerleading Coaches and understand a system of demerits will be used, outlined in the Cheerleading Constitution. (A copy of last year's constitution available upon request).

*I understand that all tryout score sheets, scores, and evaluations are confidential and will not be shared with the students or parents. Returning Varsity and Junior Varsity cheerleaders must try out for the 2020-21 teams. They are not automatically back on the team.

*I understand that if your student makes the squad and later chooses to quit or is removed from the team, she/he will not letter in cheerleading and will not be allowed back on the squad for the year. Additionally, I will be responsible to pay the remainder on my account balance.

*I understand that my daughter/son may at any time receive an injury and that Lansing High School, the cheerleading coach(es), and/or other participants are not held liable for any such injury.

*My student is trying out for:

_____ Varsity Only

_____ Captain (Only for returning Varsity Squad Members from 19-20 squad)

_____ Junior Varsity Only

_____ Varsity or Junior Varsity

If an injury does occur to my daughter/son while at the clinic or tryouts, I grant permission for the cheerleading coach(es) or other school staff employed by the Lansing School District to make decisions concerning the need for immediate emergency medical attention for any possible injury received.

Parent/Guardian's Signature: _____ Date: _____

SAMPLE JUDGES EVALUATION**APPEARANCE** 1 2 3 4 5 6 7 8 9 10

Hair (clean, up, and out of eyes, no wispy's)
 Clothes (clean, appropriate, no holes or bare midsections)
 Physically Conditioned
 Posture
 T-shirt and Athletic Shorts, Athletic Shoes

SPIRIT ENTRANCE/TUMBLING 1 2 3 4 5

Enthusiasm
 Facial Expression
 Confidence
 Execution
 Technique

JUMPS 1 2 3 4 5 6 7 8 9 10

Flexibility
 Execution (form)
 Height
 Technique (pointed toes, legs up, body straight)
 Consecutive - advanced

CHEER 1 2 3 4 5 6 7 8 9 10

Strong Motions (sharp, solid, no broken wrists, proper placement)
 Coordination
 Knowledge of Material
 Overall Impression
 Timing

CHANTS 1 2 3 4 5 6 7 8 9 10

Technique
 Move to the Crowd
 Strong Motions
 Easy to follow and join in
 Knowledge of Material

VOICE 1 2 3 4 5 6 7 8 9 10

Clear and Confident Words
 Strong Volume
 Voice Level
 Did not Scream (No Whooas)
 Expression
 Crowd Motivator

DANCE 1 2 3 4 5 6 7 8 9 10

Timing (stayed with music, stayed on beat)
 Coordination
 Confidence and Showmanship
 Knowledge of Material

SHOWMANSHIP 1 2 3 4 5 6 7 8 9 10

Eye Contact
 Smile
 Confidence
 Enthusiasm
 Spirit and Energy
 Audience Appeal

Total 75 points Possible

_____ /75

Classroom Teacher Evaluations for LHS Cheerleading Tryouts

Student Name: _____

Teacher's Name: _____

Subject: _____

Student's Current Grade: _____

Please complete the following form as soon as possible, so 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. It is very important to give the student an honest rating based on your knowledge of that individual student.

All evaluations are kept confidential. Please put them in Stephanie Merritt's box in the High School office on or before Wednesday, March 11th by 3:00 pm. Thank you for your time and cooperation!

Please be honest, the students will not see these. This information is confidential.

| | Poor | ----- | Okay | ----- | Great |
|---|------|--------|-------|-----------|------------|
| 1. Daily Attendance and Promptness to class | 1 | | 2 | | 3 |
| | | | | | 4 |
| | | | | | 5 |
| 2. Personality and Enthusiasm/Attitude | 1 | | 2 | | 3 |
| *Positive Attitude | | | | | 4 |
| *Pleasant Personality | | | | | 5 |
| *School Spirit | | | | | |
| 3. Responsibility | 1 | | 2 | | 3 |
| *Comes prepared to class | | | | | 4 |
| *Turns in assignments on time | | | | | 5 |
| *Takes responsibility for her own actions | | | | | |
| *Can be counted on | | | | | |
| 4. Ability to work with others, keep a pleasant "team" attitude, and treats other students with respect | 1 | | 2 | | 3 |
| | | | | | 4 |
| | | | | | 5 |
| 5. Respects Adult Authority | 1 | | 2 | | 3 |
| | | | | | 4 |
| | | | | | 5 |
| 6. You would be proud to point this person out as an excellent representative of Lansing High School! | | | | | |
| | | No Way | | Sometimes | |
| | | 1 | | 2 | 3 |
| | | | | | 4 |
| | | | | | 5 |
| | | | | | Absolutely |

TOTAL POINTS _____ (30 pts. Possible)

Teacher Signature: _____

Date: _____

TEACHER COMMENTS:

Please return to Stephanie Merritt, Cheer Coach, before **Wednesday, March 11th by 3:00 pm** – You can put it in the large envelope in Stephanie's box in the Lansing High School Office.

Questions 913-727-3357 (LHS)

stephanie.merritt@usd469.net

Classroom Teacher Evaluations for LHS Cheerleading Tryouts

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Teacher's Name: _____

Subject: _____

Student's Current Grade: _____

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Date: _____

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Questions 913-727-3357 (LHS)

stephanie.merritt@usd469.net

Classroom Teacher Evaluations for LHS Cheerleading Tryouts

Student Name: _____

Teacher's Name: _____

Subject: _____

Student's Current Grade: _____

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Teacher Signature: _____

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Questions 913-727-3357 (LHS)

stephanie.merritt@usd469.net

Prior Coach/Sponsor Evaluations for LHS Cheerleading Tryouts

Student Name: _____ Coach: _____
 Sport/Activity: _____

Please complete the following form as soon as possible, so we will have time to tally prior to the tryout date. Coach evaluations will be averaged together to count for a portion of each candidate's score. It is very important to give the student an honest rating based on your knowledge of that individual student.

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| | | | | | 4 |
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| | | No Way | | Sometimes | |
| | | 1 | | 2 | 3 |
| | | | | | 4 |
| | | | | | 5 |
| | | | | | Absolutely |

TOTAL POINTS _____ (30 pts. Possible)

IS THIS CANDIDATE "COACHABLE"? (Circle one) YES / NO

Signature: _____

Date: _____

COACH/SPONSOR COMMENTS:

Please return to Stephanie Merritt, Cheer Coach, before **Wednesday, March 11th by 3:00 pm** – You can put it in the large envelope in Stephanie's box in the Lansing High School Office.

Questions 913-727-3357 (LHS)
 stephanie.merritt@usd469.net

