

APEX HIGH SCHOOL
CHEERLEADING
2011-2012



Tryout Information

Optional workouts:

Thursday, July 28th 10am-12pm

Friday, July 29th 10am-12pm

Tryout practice:

Friday, August 5th 8-1100am and 2-4pm (Afternoon session is subject to change times again)

Saturday August 6th 8-10am

Tryouts (final evaluation):

Saturday August 6th 1015am-until

Please be aware that this is subject to change. As of right now, we do not officially have a Varsity coach. If one is hired between now and then and she cannot make these dates/times work for her the schedule may be edited.

The optional workouts are open to everyone planning to try out. Those who attend will get a head start on material that will be taught at tryouts. It is optional but **HIGHLY** recommended. If you cannot attend the optional workouts, it will not effect your tryout score.

On Saturday August 6th, I recommend bringing something to eat for lunch. We will not be breaking in the middle of final evaluations to go to lunch. The number of girls trying out will depend on what time we will be done on Saturday. Everyone is free to go home when they are done with their tryout.

Tryout Expectations

Athletes will be judged on the following:

- Jumps-** Toe-touch, double toe-touch, pike, hurdler, combo jumps. I will be looking for pointed toes, height, technique, and landing with feet together.
- Stunting-** Cheerleaders will be placed in stunt groups and given opportunities to show their skills. Requirements for stunts include one-legged variations, 360 cradles from these one-legged stunts or extensions/halves. Groups will also be expected to show toe touch, pike, or twisting baskets. Flyers should show their flexibility and bases should show their strength.
- Tumbling-** Standing and running passes. Do not be afraid to tryout if you cannot tumble. I do expect those that can tumble to do so. I expect you to throw your tumbling consistently at tryouts in order for it to count on your score sheet. If you have a “mental block” go ahead and get rid of it before tryouts.
- Motions-** Motions should be tight and in the correct position. Chants/cheer will be taught at tryouts.
- Dance-** A short dance will be taught at tryouts. You will be judged on rhythm, motions and facials.
- Projection-** You are trying out for cheerleading so I expect you to be loud when performing cheers/chants.
- Attitude-** Most importantly, I expect you all to come in with a positive attitude. You should listen to directions, show leadership, and prove to me you want to be a cheerleader. I will take a girl who has never cheer before with a great attitude over one that is amazing with a bad attitude.

I do not care what you wear to tryouts as long as it is appropriate. I do expect flyers to wear spandex under their shorts and a t-shirt (not a tank top). Everyone should wear cheerleading shoes.

EVERYONE will have their hair all the way up in a ponytail.

ABSOLUTELY NO JEWELRY! This includes clear pieces. If you cannot take it out, do not get it pierced.

NO LONG NAILS! If you have fake or long nails please get them clipped before tryouts. You will not stunt if you have them, therefore you will not be judged on stunting. Make sure nails are clipped short and unpolished.

Rules 2011-2012

Both teams will compete this year. Everyone who makes the team will be expected to keep certain weekends free for competitions. Both JV and Varsity cheer at all home and away football games. Teams also cheer for basketball. Cheerleading is a LONG season, August – March, sometimes into April. 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 and games.

- Cheerleaders represent the school; therefore they are expected to display a positive attitude.
- A cheerleader CANNOT be engaged in any afternoon or evening job/activity that interferes with practices and/or games. Cheerleaders may not participate in any other sports that are going on simultaneously. While being involved in a cheer gym is not prohibited, it can create major conflicts with practices, games, and competitions. Being a member of the AHS Cheerleading Program and fulfilling those responsibilities must be the cheerleader's first extracurricular priority.
- Cheerleaders should be well-groomed. Uniforms should be wrinkle-free and clean. Hair must be worn back if it touches the shoulders or is in the face. Jewelry and fingernails that show above the fingertips from the palm side of the hand are prohibited (Wake County/NCCCA Policy).
- Each cheerleader will be responsible for financial obligations such as the purchase of cheerleading shoes, socks, briefs, crop tops, and warm-up suits.
- All cheerleading uniforms must be dry-cleaned and mended (if needed) before they are returned to the coach at the end of the season. If a uniform is damaged in any way or not returned to the coach by the designated time, the cheerleader will be charged the replacement value. Cheerleaders are reminded that they do not own their uniforms but use them throughout the duration of the cheerleading season and should take care to keep them in good condition.
- Smoking, drinking, and/or drug use will not be tolerated. Cheerleaders caught breaking this rule will be dismissed from the squad.
- To tryout and remain on the squad, each cheerleader must
 - a. Maintain a 2.0 GPA
 - b. Pass 3 out of 4 classes the previous semester
 - c. Pass English

Practices

- There will usually be 3 practices and one game day during football season. This leaves one day free for you to make doctors appointments!! Schedule accordingly!
- To accommodate gym schedules, practices may be directly afterschool or later in the day. A schedule of practice times will be sent out after the teams are selected.
- If you are sick and need to miss practice to keep the rest of the team healthy you must notify your coach as soon as possible.
- DO NOT ask me for permission to miss a practice or game! Your team is depending on you and you are expected to be there unless there is a contagious sickness or unfortunate death in the family.

- If a practice is missed for any reason other than illness or death in the family, the cheerleader will not be allowed to cheer at the following game. The cheerleader will sit with the coach for the duration of the game.
- **DO NOT BE LATE FOR PRACTICE.** Only tardiness for academic reasons will be excused. You must inform the coach personally before practice time if you are going to be late for academic reasons. You must also bring a note signed by the teacher stating the time you were involved in the academic activity. Chronic tardiness will result in being benched for the first quarter of the following game. If you are late, you will run.
- Cheerleaders are to dress appropriately for all practices/games (tennis shoes, socks, shorts, t-shirt or warm-ups) or they will not be allowed to practice.
- Cheerleaders are not to participate in any stunts, mounts, or anything which might result in physical injury without the coach present. Doing so will result in being benched for the first quarter of the following game.
- Each cheerleader is required to report any injury to the coach immediately. If a cheerleader must see a doctor due to an injury, they must bring back a note stating that it is okay to return to regular activity (school policy).
- Cell phones must be turned off during the ENTIRE practice. Interruptions from a cell phone will result in extra workouts at practice for the entire team.

Games

- During football season, games are usually held on Thursdays for JV and Fridays for Varsity. Cheerleaders are expected to be present at all games, including playoff games, which may occur over Thanksgiving/Christmas break. Please note that some nights will involve cheerleaders not returning home until after 11:00 PM
- More information will be given out about Basketball when the time comes.
- If a game is missed for any reason other than illness or death in the family, the cheerleader will not be allowed to cheer at the following game. The cheerleader will sit with the coach for the duration of the game.
- Parents are responsible to see that each cheerleader is at school at the designated time for home and away games. Cheerleaders are subject to being left at the school if they arrive after the designated departure time.
- Cheerleaders late to a game must sit with the coach during the first quarter. During half time of all games, every cheerleader must be present on the track or gym bench and in proper position two minutes before the start of the second half. Being late will result in being benched for the third quarter.
- To earn a letter, a cheerleader must cheer at 100% of the Varsity games, with the exception of being a member of the Homecoming Court, sickness, death in the family or an absence that has been excused by the coach.
- If an athlete has served lunch detention, after school detention (ASD) or any other type of disciplinary detention, they will not be allowed to participate in any athletic contest that day (NCCCA Policy).
- Cell phones must be turned off during all games. Interruptions from a cell phone will result in extra workouts at the following practice for the entire team.

Competitions

- I will give you as much notice about competition dates as possible.
- As much as possible, both teams will attend the same competitions. Each cheerleader is expected to stay at the competition until both teams have competed for support.
- JV may have competition alternates. If you are selected as an alternate you will still cheer games and are expected to be at all competition practices and competitions.
- Rules for Competitions
- Cheerleaders will be allowed to compete only if the squad has fulfilled its regular year-long responsibilities.
- Cheerleaders are expected to display good sportsmanship at all times during any competition.

Physical Demands

- If you wear any kind of brace, please wear it to avoid further injury
- If you need to be taped, it should be done **before** practice **not** at the beginning
- If you have an inhaler, you need to give us one for emergency as well as have one yourself/ **you will not be able to cheer if we don't have this.**
- Everyone needs to eat breakfast and lunch, if this becomes an issue, we will suspend you until you see the school nurse or your family physician. If you don't eat, you lack energy and concentration and that becomes dangerous.

Your signature below indicates that you have read all AHS Cheerleading rules and agree to abide by them.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

General Information Sheet

Please fill out and return by the first day of tryouts

Grade for 2010-2011: _____

Name: _____

Cheerleader's Cell Phone: _____

Parent's Cell Phone: _____

Cheerleader's Email: _____

Parent Email 1: _____

Parent Email 2: _____

Preferred Stunting Position: _____

Running Tumbling: _____ Spot Needed? _____

(a running back-hand-spring is required to try out for Varsity)

Standing Tumbling: _____ Spot Needed? _____

(a standing back-hand-spring is required to try out for Varsity)

I am trying out for (please circle only one): Varsity JV Either

Your signature below affirms that everything on this sheet is accurate. It also signifies that you understand you will not be placed on a squad that you did not indicate above.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Attach
Photo
Here

Tryout Checklist

Please make sure you have the following turned in at the beginning of tryouts:

- Physical
- Signed Rules Sheet
- Signed Code of Ethics
- Completed Info Sheet
- Report Card
- Tryout Questions

Financial Demands

Cheerleading is not cheap. If selected for the team, please be prepared to pay for spirit wear (warm-ups, shoes, t-shirts, bags, sweats) and possibly camp within the first couple of weeks of the season.

Football Schedule

Both the JV and Varsity football schedules can be found on the Apex High School website. Please look at the before tryouts to make sure you do not have conflicts that would prevent you from attending a game.