

2017 – 2018 EHS CHEERLEADING TRYOUT PACKET



CLASS OF 2018 – 2021

Greetings EHS Cheer candidates & parents-

The Eureka Cheer program is a sideline and competitive cheerleading program that requires serious commitment, dedication, and hard work. As a large part of the spirit community, our primary responsibilities are to support our athletic teams and foster school/community spirit. We expect our cheerleaders to be positive role models, promote the Eureka Wildcat spirit, and demonstrate positive sportsmanship and school unity at all times. We take pride in our squads from the 2016-2017 school year and hope to build upon their accomplishments. All of our squads are very dedicated and determined to make Eureka Cheer well-respected and honored teams throughout the state of Missouri, and we hope that you will help us continue this mission.

Within this packet you will find the following information:

1. Tryout Information—specifics on dates, times, locations, what to wear/bring
2. Financial information on program costs & expected commitments
3. Tryout Application, Contact Information, Squad Selection, Teacher Recommendations
4. RSD Emergency Medical Form, RSD Physical Form

Please take the time to read the entire packet carefully and be sure you have all the required paperwork turned into the Welcome Center or Activities Office no later than Wednesday, March 22, 2017. You will not be able to tryout or participate in clinics if your tryout packet is not complete. We hope that the upcoming tryout process will be a successful and enjoyable learning experience for you.

If you have any questions, please don't hesitate to ask for help.

Sincerely,

Eureka Cheer Coaches

Amanda Halbert
Kassie Specht
Diane Ayres
Jessica Bolzenius

EHS Cheerleading Tryouts

(Keep this sheet for your records)

Schedule

Attendance is required for all of the three days of the tryout clinics:

- Tuesday, March 28th EHS Commons 3:30 – 5:30pm
- Wednesday, March 29th EHS Commons 3:30 - 5:30pm
- Thursday, March 30th EHS Commons 3:30 – 5:30pm (mock group tryout with feedback; closed **jumps & tumbling tryouts**)

You are expected to be on time each day of the tryout clinics! Please bring a water bottle each day.

Please make sure your rides arrive at or before the ending time each day.

Parents – please do not enter the Commons/Gym building areas while tryout clinics are still in session. The tryout process is closed to the public.

Tryouts (Cheer, Chant, Dance): Friday, March 31st in the Aerobics Room (Athletic Bldg.)

- **You will tryout in small groups of 3-4; you will receive your tryout group assignment during clinics**
 - **8th graders will go first followed by current Freshmen, Sophomores, & Juniors**
- **Check in time: starting at 3:20pm**
- **Tryouts will begin at approximately 3:45pm. If you are not present when your group is called, you will not be given another chance. NO EXCEPTIONS!**

These times are ESTIMATIONS and tryouts usually last most of the evening until about 7-8pm. Check-in times do not necessary reflect tryout times.

Tryout Expectations & Evaluation Criteria:

You will be evaluated on the following:

- ✓ Chant
- ✓ Cheer
- ✓ Dance
- ✓ Jumps
- ✓ Running tumbling: minimum round-off back handspring...ability to do highest skill safely and without a spotter (**Varsity squad requirement; strongly recommended for JV & Freshmen**)
- ✓ Standing tumbling: minimum back handspring...ability to do highest skill safely and without a spotter (**Varsity squad requirement; strongly recommended for JV & Freshmen**)
- ✓ Teacher Recommendation Criteria (Academics, Maturity level, Leadership, Spirit, grades, absences)
 - ✓ Current EHS Candidates: At least 2 Core Teachers' recommendations required out of 4 total
 - ✓ Current 8th Grade Candidates: All 4 Core Teachers' recommendations required

What to wear to Clinics and Tryouts:

- Plain white t-shirt (short sleeved)
- **NO** t-shirts or shorts that suggest past cheerleading experience.
- Comfortable Black Shorts- athletic, soffe, or appropriate length track shorts
- Athletic shoes and socks (cheer shoes if you have them & white no-show socks)
- Hair must be secured in a high crown ponytail (braid is acceptable) with **NO fly-aways or dog ears hanging out**. A plain bow (white, purple, gold, black) is acceptable but **cannot** suggest any past cheerleading experience. **NO** head bands.
- **NO** finger nail polish & nails must be cut short to fingertips (safety reasons)
- **NO JEWELRY OF ANY KIND! Fresh piercings must be removed. NO EXCEPTIONS!**

Injuries:

- If an injury prevents a candidate from trying out, a tryout may be offered once cleared by a doctor within a reasonable time period following the original tryout week. This will be on a case-by-case basis at the coaches' discretion. Candidates are still expected to turn in paperwork by the deadline and attend clinics to learn the required tryout material.
- Candidates will be judged on the required criteria in which they are able to physically perform on the days of tryouts. **NO** videos will be accepted for any of the above mentioned tryout criteria.

Selection of Squad Members & Squad Sizes

Cheerleading is a year-long commitment, and takes a significant amount of time, energy, and dedication. The number of members chosen for each team may vary. However, the following stipulations are in place:

Varsity- The total Varsity Squad may have up to 24 members. The selection of members for the Varsity squad will be determined by the coaches and evaluated & selected in the same manner. Current Freshmen, Sophomores, & Juniors are eligible to try out for the Varsity Squad. Per MCCA & UCA competition rules, all squads must compete in the same division at the State & National Competition respectively in which they qualified at the separate regional competitions. The decision to compete in Nationals will be made after tryouts & will require a large commitment throughout the year. This includes fundraising and mandatory summer practices.

JV- The total JV Squad may have up to 20 members. The selection of members for the JV squad will also be determined by the coaches and evaluated & selected in the same manner. Sophomores and Freshmen are eligible to try out for the JV Squad. Sophomores & Freshmen who want to make the JV Squad are required by MCCA rules to cheer with the JV Squad during both seasons. The decision to compete at the MCCA Regionals & State competition will be made after tryouts & will require a large commitment throughout the spring and summer. This includes fundraising and mandatory summer practices.

Freshmen- The Freshmen Squad may have up to 16 members. The selection of the members for the Freshmen squad will be determined by the coaches and evaluated & selected in the same manner. Only incoming Freshmen are eligible to try out for the Freshmen Squad.

The coaches will evaluate the candidates throughout the week on the items listed above. Final decisions regarding the selection of team members will be made solely by the Eureka Cheerleading Coaching Staff, and will be honored and respected by candidates and parents.

The list of squad members selected for each cheerleading squad will be posted on the Eureka Cheerleading website by the afternoon of Saturday, April 1st (<http://eurekahscheer.weebly.com>). If you do not have access to the internet, please inform the coaches prior to the end of tryouts so that arrangements will be made to inform you of the results.

There will be a mandatory cheer apparel fitting (cheerleaders & coaches only) on Wednesday, April 5th in Room 727A (V- 3:30-4:15; JV- 4:15-5p; F- 5p-6p) and a mandatory parent meeting on Thursday, April 13th in the EHS Commons at 6pm. Bring your checkbooks for the camp payment & Booster Club dues. You will receive your 1st clothing invoice and due date. Please plan accordingly should you make the team.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT COACH HALBERT

EMAIL: halbertamanda@rsdmo.org

PHONE: 636-891-6850 EXT. 23101

PLEASE DO NOT CONTACT THE ATHLETIC/ACTIVITIES OFFICE OR ADMINISTRATION WITH TRYOUT QUESTIONS.

Estimated EHS Cheerleading Yearly Cost 2017

Please make payments by the due dates listed below. If you need to discuss any potential financial hardships or make payment plan arrangements for cheer apparel throughout the school year, please contact Coach Halbert directly.

	Freshmen	JV	Varsity
Cheer Camp	~\$350	~\$350	~\$350
Booster Membership Dues	\$35	\$35	\$35
Painted Megaphones (OPTIONAL)	\$25	\$25	\$25
Uniform Maintenance Fee (RSD)	\$35	\$35	\$35
DUE Thursday, April 13			
(Cheer camp, membership, megaphones)	~\$410	~\$410	~\$410
EHS Cheer Boosters			
(uniform maintenance fee)	\$35	\$35	\$35
Rockwood School District (RSD)			
Cheer Apparel Order #1 (APRIL ORDER) ~estimated **new member required; replacement for returning only if needed			
Camp/Practice Wear	~\$170	~\$110	~\$110
Cheer Shoes (recommend replacement for JV & V- 2 pair)	\$70	~\$120**	~\$120**
Backpack	\$50	\$50**	\$50**
Purple Spanks	\$24	\$24**	\$24**
Purple Metallic Spanks- VARSITY ONLY			\$24**
Black Spanks		\$24**	
White Midriff-FRESHMEN ONLY	\$22		
Black Midriff (tentative for FRESHMEN)	\$22	\$22**	\$70**
Purple Midriff			\$70**
White name bow	\$12	\$12**	\$12**
Gold metallic bow (JV & FRESHMEN)	\$8	\$8*	
Pink bow	\$7	\$7**	\$7**
Gold comp bow- VARSITY ONLY			\$8**
Purple comp bow- VARSITY ONLY			\$8**
Black bow	\$5	\$5**	\$5**
Black uniform- JV ONLY		~\$110/new ~\$85 **	
White uniform- VARSITY ONLY			~\$215
You will receive your April Order invoice at the new cheerleader/parent mtg. Wait to write checks until you get the total	~\$390 new freshman	~\$110 returning ~\$340 F to JV ~\$492 new	~\$110 returning ~\$325 JV to V ~\$718 new V
DUE FRIDAY, MAY 12TH to RSD (Rockwood School District)			
Cheer Apparel Order #2 (JULY ORDER) ~estimated **new member required; replacement for returning			
Poms	\$45	\$45**	\$45**
Warm Ups (Jacket & pants/ Leggings- VARSITY ONLY)	~\$150	~\$150**	~\$150**
Fleece headband	~\$12	~\$12**	~\$12**
Black windbreaker (monogrammed)	~\$40	~\$40**	~\$40**
Letterman jacket-VARSITY ONLY (OPTIONAL) ordered separately through Varsity Spirit portal & shipped directly to your house			~\$150**
You will receive your July Order invoice around LCC. Wait to write checks until you get the total	~\$247 new freshman	n/a-nothing replaced- ~\$247 new jv	n/a-nothing replaced- ~\$247 new V
DUE FRIDAY, AUGUST 25TH to RSD (Rockwood School District)			

SUBTOTAL W/O NATIONALS	~\$1082 New freshman	~\$555 returning ~\$785 F to JV ~\$1184 new	~\$555 returning ~\$880 JV to V ~\$1410 new V
NATIONALS (airfare, hotel/registration fees, meals)			\$1214
Booster Fundraising contribution (new meal plan)			-\$494 - \$594
Cheerleader/family contribution (new meal plan)			\$720 - \$620
SUBTOTAL W/ NATIONALS			~\$1175-\$1275 returning ~\$1500-\$1600 JV to V ~\$2030-\$2130 new V
FUNDRAISING			
Shakespeare's Pizzas (15/cheerleader minimum sold or buyout)	\$90	\$90	\$90
Cheer Breakfast (6 tickets/cheerleader sold or buyout)	\$60	\$60	\$60
Ad Book (\$100 in ads sold or buyout)	\$100	\$100	\$100
Lil Cat Camp (Cheerleader's time)	n/a	n/a	n/a
Car Wash (Cheerleader's & parent time)	n/a	n/a	n/a
Football Concessions (Cheer parents' time)	n/a	n/a	n/a
SUBTOTAL OF FUNDRAISING EXPECTED PER CHEERLEADER	\$250	\$250	\$250
APPROXIMATE TOTAL	~\$1332 New freshman	~\$805 returning ~\$1035 F – JV ~\$1434 new	~\$1425-\$1525 returning ~\$1750-\$1850 JV to V ~\$2280-\$2380 new V

The following items are provided by Eureka High School & will be issued prior to cheer camp. These items must be returned prior to tryouts for the next school year. The cheerleader is responsible for the care of each item issued. If an item is not returned, altered, or it is damaged, the cheerleader is responsible for the expense of replacing the item. **DO NOT ALTER ANY UNIFORM PIECES! DO NOT DRY CLEAN UNIFORMS! You will be given laundering instructions. There is a \$35/cheerleader annual maintenance fee.**

Freshman (EHS owned & issued to cheerleader)

Shell (1-2) Purple (possibly black)
Skirt (1-2) Purple (possibly black)

JV (EHS owned & issued to cheerleader)

Shell (1) Purple
Skirt (1) Purple

VARSITY (EHS owned & issued to cheerleader)

Shell (2) Purple & Black
Skirt (2) Purple & Black

Eureka High School

2017-2018 Cheerleading Tryout Application

Name: _____

Current Grade Level (2016-2017 school year: Circle one) Eighth Freshmen Sophomore Junior

School currently attending: (2016-2017): _____

I understand that I must be registered and enrolled at Eureka High School for the 2017-2018 school year in order to try out for and potentially participate in the Eureka cheerleading program.

Physical

In order to participate in the cheerleading clinics and tryouts, I understand that my child must have a physical exam for the present school year (dated on Feb 1, 2016 or after) **with the exception of current 8th graders MUST have a physical dated February 1st 2017 or after.**

** I understand that if selected for the 2017-2018 cheer program, the applicant will be expected to have a physical dated February 1st, 2017 or later, by the time practices begin in April/May, or by the expiration date of the previous year's physical.

Commitment to the Eureka Cheerleading Program

I understand that if I am selected to be a part of the EHS Cheerleading program, I can continue to be part of an outside cheerleading group. I also understand my obligation to Eureka Cheerleading and my squad is a priority. I further understand that my season starts with the first organized team practice/conditioning of the year (APRIL/MAY) and ends with the last game of the season including playoffs.

Parent Signature & Date

Student Signature & Date

Check List:

The following information **MUST be received by Coach Halbert on or before Wednesday, March 22nd** in order to be eligible to try out for the Eureka Cheerleading squads. **NO EXCEPTIONS!**

*Note: Individuals trying out for cheerleading **MUST** bring the completed information to EHS & drop off forms at the EHS Welcome Center or the Activities Office. If all required information is not complete/current (for anyone trying out), one may not be able to participate in clinics or possibly try out for the Eureka cheerleading program.

- _____ Cheerleading Tryout Application (**THIS PAGE**)
- _____ Contact Information Form (**complete & return**)
- _____ Statement of Financial Understanding Form (**detach & return signature portion only**)
- _____ Squad Selection Form (**complete & return**)
- _____ (RSD) Eureka High School Activities/Athletics Emergency Medical Form (**complete & return**)
- _____ Current Physical Form (**complete & return**)
- _____ Teacher Recommendations (will be completed online via Google Form)

2017 – 2018 Contact Information

Cheerleader's Name: _____

Grade Level (2017-2018): _____ Birthday: _____

Address: _____

Email Address:

Cell Phone: _____

Home Phone: _____

Twitter: @ _____

Facebook: _____

T-Shirt Size: _____

Mom's Name (first & last): _____

Cell Phone: _____

Home Phone: _____

Dad's Name (first & last): _____

Cell Phone: _____

Home Phone: _____

List all parent / guardian email addresses.

** Email addresses will be used for the purpose of communicating about EHS cheerleading.

(Mom's Email)

(Dad's Email)

(Step-parent/Guardian Email)

(Step-parent/Guardian Email)

Statement of Financial Understanding

Cheer camp payment DUE: Thursday, April 13th (PAYABLE TO EHS CHEER)

1st Clothing payment & \$35 Uniform Maintenance Fee DUE: NO LATER THAN Friday, May 12th
(PAYABLE TO ROCKWOOD SCHOOL DISTRICT)

2nd Clothing payment DUE: July 2017 (PAYABLE TO ROCKWOOD SCHOOL DISTRICT)

Additional Costs:

- Summer Cheer Camp – **Friday, June 16- Sunday, June 18** Approximately \$350 per girl (If a cheerleader commits to attending camp and then does not attend, she IS still required to pay for camp. The exact total will be given at the new squad meeting on Thursday, April 13th.)
- UCA National Competition (Varsity only) – The Varsity squad MAY attend UCA Nationals in early 2018. Rockwood will not offer any financial support for the UCA Regional or National Competitions, however, the EHS Cheerleading Booster Club offers many fundraising efforts to help offset the out of pocket cost. Approximate cost will be discussed at the New squad parent/Booster meeting on Thursday, April 13th.

EHS Cheer Program Fundraising

All cheerleaders are **required** to participate in fundraising that will benefit the Eureka Cheer Program (Freshmen/JV clinics, mat maintenance, Cheer Banquet, Senior Night, camp transportation, competition fees, transportation, etc.). Minimum financial buyouts will be an option for several fundraisers. This includes, but is not limited to the following:

- Shakespeare's Pizza sales--April-May 2017 (15 pizzas sold minimum/Buyout minimum: \$90)
- Cheer Breakfast—Saturday, May 6th 8a-10a (6 tickets sold minimum/Buyout minimum: \$60)
- Ad Book sponsors--May-June (Buyout minimum \$100)
- car washes (dates TBD) (REQUIRED for ALL)
- EHS Lil Cat Cheer Camp (July 10-13) (REQUIRED for ALL)

Payments may be brought to school during the day & dropped in the cheer mailbox in the Activities Office in the Athletic Bldg. Please discuss any financial hardships with Coach Halbert. We are more than willing to work with any family in need and can set up a payment plan.

SIGN, DETACH, & RETURN with Tryout Paperwork:

I understand my financial responsibility for all uniforms, cheer apparel, & required fundraising obligations for Eureka cheerleading.

Student Name _____ **Student Signature:** _____

Parent Name _____ **Parent Signature:** _____

Squad Selection

Varsity (Seniors, Juniors, & Sophomores) **Junior Varsity** (Sophomores & Freshmen) **Freshmen** (Freshmen only)

I, _____, am trying out for the Eureka HS cheerleading program for the 2017-2018 school year.

Please check off & print your name to **ALL** of the following that applies to you:

Current Juniors/Sophomores/Freshmen only:

- A. _____ **Varsity Squad**—this includes summer cheer camp, all practices over the summer, fall, and winter seasons, STL Regional Competition, MO State Competition, UCA Regional Competition, UCA National Competition, home and away football games, home and away boys' basketball games, select girls home basketball games, and all district, play-off, sectional, state games for the above mentioned sports, and other dates on the cheer calendar.

I, _____, would like to be considered for the Junior Varsity squad if I am not selected for the Varsity squad. I understand that I am not guaranteed a position on the JV squad. (CURRENT FRESHMEN ONLY)

Current Freshmen & 8th Graders:

- B. _____ **Junior Varsity Squad**—this includes summer cheer camp, all practices over the summer, fall, and winter seasons, STL Regional Competition & MO State Competition (if qualified), home football games, home boys' basketball games, select Varsity girls home basketball games, and select district, play-off, sectional, state games for the above mentioned sports, and other dates on the cheer calendar.

I, _____, would like to be considered for the Freshmen squad if I am not selected for the Junior Varsity squad. I understand that I am not guaranteed a position on the Freshmen squad. (CURRENT 8th GRADERS ONLY)

Current 8th Graders only:

- C. _____ **Freshmen Squad**—this includes summer cheer camp, all practices over the summer, fall, and winter seasons, home football games, home boys' basketball games, select Varsity girls home basketball games, and select district, play-off, sectional, state games for the above mentioned sports, and other dates on the cheer calendar.

All candidates:

I, _____, understand that individual squad members will be continually evaluated throughout the season (April/May through January) to determine squad members, stunt groups & lines for games & competition. I will respect the coaches' decisions for the greater good of the squad.

I, _____, understand that if I quit or am dismissed before or during the cheerleading season that my behavior may preclude me from making the squad for any following seasons.

Student Signature

Date

Parent Signature

Date

TEACHER RECOMMENDATION

Dear Teacher (Core for 8th grade only):

_____ is trying out for Eureka HS Cheerleading for the 2017-2018 school year. As coaches, we believe that cheerleaders should lead by example in their school and their community. Please take a few minutes to go to the following Google Form link and evaluate the candidate based on his/her academics, maturity level, leadership, school spirit, grades, and attendance. Your responses & comments will be kept confidential

<https://goo.gl/forms/aqwVQpvVBZDPknVs2>

Thank you for your time!
Sincerely,

Amanda Halbert- EHS Head Varsity Coach
Kassie Specht- EHS Assistant Varsity Coach
Diane Ayres- EHS Jr. Varsity Coach
Jessica Bolzenius- EHS Freshmen Coach

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TEACHER RECOMMENDATION

Dear Teacher (4 Core required for 8th grade only):

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EHS CHEERLEADING TRYOUTS JUDGING SHEET

Candidate # _____ Squad Choice(s) **V** **JV** **F** Judge's Initials _____

JUMPS:

_____ / 20 POINTS

Toe Touch: 1 2 3 4 5 6 7 8 9 10

Choice: _____ 1 2 3 4 5 6 7 8 9 10

Comments:

TUMBLING: (BONUS POINTS FOR JV & FRESHMEN/COUNTS FOR VARSITY)

_____ / 6 POINTS

Standing: _____ 0 3 5

Running: _____ 0 3 5

Comments:

CHEER:

_____ / 20 POINTS

Voice Level/Energy: 1 2 3 4 5 6 7 8 9 10

Motions: 1 2 3 4 5 6 7 8 9 10

(Accuracy & Sharpness)

Comments:

CHANT:

_____ / 20 POINTS

Voice Level/Energy: 1 2 3 4 5 6 7 8 9 10

Motions: 1 2 3 4 5 6 7 8 9 10

(Accuracy & Sharpness)

Comments:

DANCE:

_____ / 20 POINTS

Facials/Energy: 1 2 3 4 5 6 7 8 9 10

Motions: 1 2 3 4 5 6 7 8 9 10

(Accuracy & Sharpness)

Comments:

OTHER:

_____ / 8 POINTS

Teacher Recommendations Average _____/4

Coaches' Score (returning) _____/4 **OR**

New Candidate Interview _____/4

1. Takes constructive criticism
2. Gets along well with peers
3. Adheres to the cheer program expectations

1. Why do you want to be an EHS cheerleader?
2. What qualities & strengths do you bring to the program?
3. Describe how you would deal with a squad member who has a bad attitude.

_____/88 POINTS (JV & FRESHMEN)

_____/94 POINTS (VARSITY)