

Sentinel Cheer Tryouts
Spring 2017
General Tryout Information

Thank you for your interest in Sentinel High School Cheerleading! Please read the important information below regarding tryouts and the brief outline of the expectations of anyone selected to next year's squad. **Our primary focus is promoting school spirit and being positive role models for the students at SHS.** This means that grades, attitude, spirit, and work ethic will be considered, as well as cheerleading ability when it comes to selecting and maintaining our squad. We will be selecting up to 14 girls for varsity and potentially selecting a JV squad, dependent upon numbers and ability. **Please read and fully consider the commitment it takes to be a Sentinel cheerleader before trying out.** If you have any questions, contact Mrs. Anderson or Mrs. Moser at school. We wish you all the best of luck!

Kirsten Cooper, Lisa Anderson, & Katie Moser
SHS Cheer Coaches

Tryout Schedule: Auxillary Gym @ SHS

Tuesday	May 30 th	3:15 – 5:00	Day 1 of Tryouts: Learning the Material
Wednesday	May 31 st	3:15 – 5:00	Review the Material
		5:00 – 5:30	Parent Meeting
Thursday	June 1 st	3:30	Tryouts/Final Evaluation

All tryout sessions, including the final evaluations, are closed to everyone other than the students participating, the coaches, and the judges.

What to Bring?

Please bring to Tryouts:

- Consent Form for Cheer Tryouts (signed by both parent and applicant)
- Student Interview
- Athletic attire: shorts or yoga pants, t-shirt (no SHS Cheer attire), athletic shoes.
- Water bottle
- Come ready to learn, with a smile and a positive attitude!

Tryout Information

- Please arrive on time and ready to learn for all sessions, including the parent meeting.
- The squad will be selected based on performance of the tryout material, attitude, teacher recommendations, grades, potential and willingness to work.
- Squads will be selected and cuts possibly made based on the judges' decisions. The varsity (and possibly JV) roster/s will not be official until summer practices are over, and we can see who is varsity game-ready and who is not. Like any other Junior Varsity squad, our JV squad is a place for younger and/or less experienced team members to learn and develop their cheerleading skills, and a very important part of maintaining the high level of performance expected from SHS cheerleaders.

Costs/Fundraising

- Please know that cheerleading can be a costly activity. Athletes will need to pay an activity and participation fee and purchase shoes, poms, and other team gear.
- We will begin our first fundraiser as soon as the teams have been established.

Summer Requirements

(We will discuss the summer requirements at the parent meeting on Wednesday night.)

- Fundraisers
- Wednesday morning practices (beginning in mid-July)
- Official (mandatory) practices begin August 14th.

Practices and Games

- Calendars will be provided with all practice and game information.
- Practices: Tuesday and Wednesday from 3:15 – 4:30, with an occasional extra practice to prepare for halftime shows. Practice is required, and should be considered before making appointments, work schedules, etc.
- Games: Arrive on time, properly attired.
- Missed practices/games will result in loss of cheer time and potential removal from squad.
- Team members will be tested over all material (cheers, dances) before being allowed to cheer a game. No one will be allowed to cheer a game without first demonstrating that they have prepared and are game-ready to be in front of a crowd.

School expectation

- Cheerleaders will be held to the same grade checks and regulations as all other SHS athletes (see student handbook). Students must maintain a 2.0 with no F's to remain on this squad.
- If you are ineligible due to grades, you will still be expected to practice and attend games.
- In addition, your attendance and actions at school will be monitored. Harassment, bullying, or bad-mouthing of other students, especially teammates, WILL NOT be tolerated, and are grounds for removal from the squad.

Student/Parent Consent Form

My child, _____ has my permission to try out for cheerleading at Sentinel High School. I understand that my child will be evaluated by a panel of qualified judges, and that the squad will be determined based on tryout performance, attitude, work ethic, teacher recommendations and academic eligibility.

I understand that the judges' decisions are final.

I understand that if selected, he/she must abide by the rules and follow the expectations of the coach, the school and the MHSA. He/she must be present at all practices, games, meetings and required fundraisers. I understand that if selected, my child is responsible for all costs associated with SHS cheerleading. I agree to honor the motto: "Let the players play, let the parents parent, and let the coaches coach."

I understand that by the very nature of the activity, cheerleading carries a risk of physical injury. No matter how careful the participant and coaches are, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, or broken bones. The risk also includes permanent neck and head injuries, and even catastrophic injury. I understand these risks and will not hold Sentinel High School or any of its personnel responsible in case of accident or injury at any time, including during tryouts, summer, and school year, should my child make the team.

PARENT INFORMATIONAL MEETING MAY 31st at 5:00 pm in the SHS AUX Gym

Parent/Guardian Signature _____ Date _____

Printed Parent/Guardian Name _____

Parent phone number _____ Alternate number _____

Address _____

Allergies or known medical conditions _____

I am interested in being a cheerleader and positive role model at Sentinel High School. I have read and understood the above information and all information in the tryout packet. If selected, I promise to cooperate and follow the instructions/guidelines of the head coach, assistant coach, Sentinel High School, and MHSA.

Cheer Applicant Signature _____ Date _____

Printed Cheer Applicant Name _____

Student Interview

Name: _____ Year in School (2017-2018) _____

Please answer the following questions completely and honestly. Use complete sentences.

1. Why do you want to be an SHS cheerleader?

2. What can you contribute to the SHS cheer program?

Please list any experience you have in cheer, dance, gymnastics, leadership, team activities, etc.

3. Our number one goal is to promote and generate school spirit.

What are your ideas for how we can create school spirit at school, games, and at pep assemblies?

4. What other activities are you involved in? At school, at home, or other.

Do you have a job that could possibly conflict with practice and/or games?

5. We are looking for girls and boys who understand the idea of commitment – commitment to a team, commitment to their school, and commitment to themselves. Explain how you would demonstrate commitment, if selected to the SHS Cheer Team.