

# CASTEEL HIGH SCHOOL CHEER PROGRAM

Tryouts, 2019-2020



THIS PACKET NEEDS TO BE TURNED ON (or before)

Spring Tryouts	April 17, 2019
Fall Tryouts	July 24, 2019 before 3pm

to Coach Romonoski in room C13

NAME: \_\_\_\_\_

2019/2020 GRADE: \_\_\_\_\_

The program will have the following teams:

♥**Junior High Cheer Team** (Fall tryouts only)

♥**JV Cheer Team** (1 team: game day only)

Within the JV team, coaches will select Varsity Competition Alternates

♥**Varsity Cheer Team** (1 team: game day and competitive)

Please Note:

Selection of teams will be determined by age/grade and ability.

This decision will be made by the head coach and influenced by the tryout evaluation.

Former cheerleaders are not guaranteed to receive a position on the same team as the previous year(s).

**Dates for Informational Meetings, Tryouts, and Mandatory Team Meeting are posted on our team website.**

Before turning in, make sure the following is complete:

- Updated Physical, dated after March 1, 2019, unless you're a returning athlete (update once expired)
- Casteel Athletics Clearance (registermyathlete.com)  
Questions regarding RegisterMyAthlete.com can be directed to pugh.jennifer@cusd80.com
- Brainbook (high school students only)
- Completed tryout packet with parent signatures
- 2 Teacher and 1 Coach Recommendation forms (see details in tryout packet)

Tryout Week

- White shirt (no "cheer" logos)
  - o Tryout # should be clearly visible each day.
- Dark shorts (appropriate length)
- Tennis Shoes/Cheer shoes
- Nail length should be short
  - o polish- okay for tryouts
- Hair securely pulled up in a high ponytail and a bow
- No jewelry of any kind should be worn.
- No gum/food is allowed in the gym
- Water Bottle (no other liquids allowed in gym)

Dear Parents and Prospective Member,

We are excited that you/your child has shown an interest in becoming a member of the Casteel High School Cheer Program! It is important that both, parent and student review the following packet and expectations before making a decision to tryout for this sport. If your child is elected to be a member of the cheer team, there are specific responsibilities and obligations your child must assume in order to remain a member of good standing on the team.

Purpose:

The purpose of the Casteel High School Cheer Program is to support school activities and programs with school spirit and pride. Athletes should be positive role models for their peers and are expected to be good examples by following the expectations set forth by Casteel High School policies as well as the expectations listed in the Casteel High School Cheer Handbook. This includes exemplary behavior and attitude at all times, excellent attendance and academics in the classroom, and good sportsmanship. Members are also encouraged to embrace the importance of commitment, teamwork, and responsibility.

Tryout/Tryout Eligibility:

-The spring tryouts are open to all current Casteel students entering their sophomore, junior, or senior year in the in the 2019-2020 school year. Incoming freshman are invited to attend Monday-Thursday for the clinic, but must wait to tryout until the fall.

-The fall tryouts are open to freshman and students that have transferred to Casteel from another school. Students that didn't try out in the spring may not be eligible to try out in the fall without speaking to Coach before the spring tryouts. Candidates that did not make the team in the spring will not be permitted to try out again in August.

-Seventh and eighth grade students will also tryout in the fall.

-Each person trying out must attend all days of the clinic to be eligible for final tryouts.

All students within the Casteel boundaries, as well as approved open-enrollment students, are eligible to try out if the meet the following requirements:

1. Must submit completed application and acknowledgement with parent and athlete signatures for permission to tryout. This must be turned in to Coach prior to tryouts.

2. Must have completed teacher/coach evaluation forms submitted to Coach.

Incoming 7<sup>th</sup> grade students are not required to have these completed.\*

Transfer students are not required to have these completed.\*

\*If students have participated in outside sports (ex. All-Star Cheer, gymnastics, etc.), please have a coach complete an evaluation form.

3. Must complete all required electronic clearance paperwork (registermyathlete.com) prior to tryouts. If student is not cleared prior to tryouts, students will be asked to not participate.

\*Parent powerpoint is located on Casteel Cheer website.

4. Must complete Brainbook training online and submit certificate to RegisterMyAthlete.com (high school students only).

5. Must have an updated or current physical submitted online (registermyathlete.com).

6. If an athlete has participated in prior Casteel Cheer seasons and quit or was removed from the previous year, they may be ineligible to tryout the following season. This will be determined by the coach prior to day 1 of tryouts. It is the athlete's responsibility to communicate interest at least a week before tryouts begin.

If you have any questions regarding this tryout packet, please attend our pre-tryout informational meeting (date listed on the website) and/or email Coach Romonoski at:

[Romonoski.Sabrina@cusd80.com](mailto:Romonoski.Sabrina@cusd80.com)

[casteelcoaches@yahoo.com](mailto:casteelcoaches@yahoo.com)

Looking forward to seeing all interested athletes at tryouts!

-Coach Romonoski

Please read expectations below and initial each section. By initialing below, you (parent and student) agree to abide by expectations listed below. We will review these expectations in more detail at our mandatory team/parent meeting after tryouts (dates: spring tryouts: April 30<sup>th</sup>; fall tryouts: August 1<sup>st</sup>; dates will be confirmed on the Casteel Cheer Website).

Team Requirements for ALL prospective members unless otherwise noted:

-Attend summer camp and summer practices (spring tryout members only)

\*Practices are scheduled: June 24-28; July 8-11

\*Host Youth Cheer Camp: July 8-11

\*Summer camp (spring tryout members only): July 12-15.

-Be enrolled in Cheer Academy class at Casteel High (grades 8-12)- schedule changes may be made following tryouts.

-Attend and perform at assemblies, sporting games, and selected competitions.

-Maintain required tumbling skills needed to be on the appropriate team.

-Maintain fitness evaluation scores/times needed to be on the appropriate team.

-Attend all scheduled practices (before/after school): estimated 2-3 practices/week.

-Attend 1 team tumbling practice off site each week. Tentative tumbling schedule below.

High School Cheerleaders: Tuesdays from 6:30pm-8pm at Dauntless Athletics

Junior High Cheerleaders: Fridays from 5:30am-7:20am at Casteel High School

-Varsity & Alternates: Attend scheduled choreography dates: Sept. 6 and Sept. 7

-Junior High: Attend possible mini-camp 2 weekends in September or first week of fall break.

-Junior High: Attend competition choreography: week of Sept. 28<sup>th</sup>

-School Breaks & Practices: Practices will be scheduled Sept. 30<sup>th</sup>-Oct. 4<sup>th</sup>, Jan. 2<sup>nd</sup>-4<sup>th</sup>, & 6<sup>th</sup>. Practices are possible on the 3-day weekends and coaches will determine these dates a month prior. Our season will conclude by Spring Break!

-Attendance throughout the season is mandatory, NO EXCEPTIONS!

If you have conflicts with the dates above, you must let Coach know prior to the conclusion of tryouts.

A written note or email is the best way to communicate absences.

-Demonstrate a positive and respectful attitude and body language towards teammates and coaches at all times, a strong work ethic, maintain appropriate grades and lead by example in and out of the classroom.

\_\_\_\_\_ student

\_\_\_\_\_ parent

Financial Agreement: Cheer costs are estimated between \$2000-\$3000 each season. Fundraising opportunities may be organized and can help offset some costs. Tax credit donations can be used to help pay for a portion of the costs listed below. Final costs will be determined and communicated to parents once the team is finalized. There will not be any refunds for athletes who quit or are dismissed from the team.

-HS Casteel Pay to Play: \$400/athlete - maintenance of equipment, facilities, uniforms, poms, etc.

Due May 6<sup>th</sup> (spring tryout members); Due August 9<sup>th</sup> (fall tryout members)

-Jr. High: Casteel Pay to Play: \$30/athlete- maintenance of equipment and facilities, etc.

Due within 1 week of final tryout date.

-Spirit Wear: It is required that each member has the required spirit items that are decided by coaches. These items may include: team jacket, team sweatshirt, team bag, poms, practice clothing, game day bow, game day shoes, competition bow and competition shoes (if applicable). The estimated cost for these items are \$500-\$600/girl and payment will be collected within a month of making a team.

HS Team: Due May 20<sup>th</sup> (spring tryout members); Due August 16<sup>th</sup> (fall tryout members)

JH Team: Due August 16<sup>th</sup> (fall tryout members)

-HS Summer Camp (spring tryout members only): The estimated cost for camp is \$550/girl

\$275 due May 1<sup>st</sup>; \$275 due June 1

-Jr. High Mini Camp: The estimated cost for camp is \$90/girl

-Booster Club Costs: Parents are required to volunteer a minimum of 8 hours or pay \$350 to the Booster Club.

Due date: December: 4 hours or \$175; February: 4 hours or \$175

Volunteer opportunities may include selling spirit-gear, chaperoning events, etc. Suggestions are welcomed!

-Monthly Costs: Team tumbling will be scheduled for once/week and payment will be paid directly to the gym/Community Ed. The estimated cost for this monthly tumbling class is \$60/girl/month.

-Total Clinic Costs (stunting, choreography, etc.):

HS Spring Team: \$100 due June 15<sup>th</sup>; HS Fall Team: \$60 due August 23<sup>rd</sup>

-Choreography Costs (competition teams + alternates): The estimated cost for camp is \$100/girl and payment will be collected at least 3 weeks before choreography date.

-Competition Music (competition team + alternates): The estimated cost for music is a team cost of \$300, which will be divided between team members.

-Nationals (Varsity team only): USA Nationals are scheduled for February in California. If chosen for the competition, the estimated cost to attend nationals is \$1200/girl. Payments will be scheduled August-January.

-Spirit Weeks/Games: Members will participate in the themed games (breast cancer month, patriotic, neon, etc.) and will be required to purchase the assigned items set forth by the coaches. (For example, team socks, team bows, etc.)

\_\_\_\_\_  
student

\_\_\_\_\_  
parent

Team:

- Athletes may be listed as an alternate.

- o Athletes may also be made alternates at any point during the season for not demonstrating required skills consistently, not throwing the same skills they threw at tryouts, or breaching the listed expectations/policies in any way.
- o Alternates are required at all competition practices and performances. Alternates may be called to compete at any time, thus athletes will still pay choreography and competition fees.

- Athletes that have participated in prior Casteel Cheer seasons are not guaranteed a place on future teams. In addition, athletes that have quit or been dismissed from any Casteel Athletic program, including Cheer, will be addressed on an individual basis and are not guaranteed placement on a future team.

- Once a part of a team, athletes are expected to remove nail polish, keep nail length short, have natural hair color, and not wear any jewelry at any Casteel Cheer practice/event. More details will be listed in our Casteel Cheer Handbook, given out at the team/parent meeting.

\_\_\_\_\_  
student

\_\_\_\_\_  
parent

Social Media/Electronics Policy

-Cheerleaders will not use electronic or social media of any kind in a negative way. This includes any messages to any other athletes, schools, teams, coaches that can be interpreted as mean or derogatory. Cheerleaders will not use/send comments, symbols, or insinuations regarding the use of drugs or alcohol, smoking, vaping, parties, or anything that could give Casteel Cheerleaders an inappropriate reputation and/or possible dismissal from the team.

-Team members should report anything that can be interpreted as inappropriate (listed above) and/or portray Casteel cheer in a negative manner.

\_\_\_\_\_  
student

\_\_\_\_\_  
parent

Social Media Consent/Release:

Please be advised that during the year athletes may be photographed, videoed, interviewed, etc. at various school sponsored events. With parent consent, the photos, videos, or cheer-related information may be used on social media platforms, school websites, newspapers, brochures, and/or other ways of showcasing Casteel Cheer.

Please indicate your preference below:

\_\_\_ YES. My child's photo/video/info may be used in the media.

\_\_\_ NO. My child's photo/video/info may not be used in the media.

Team Directory

- Contact information for all team members and parents will be shared with other parents and cheerleaders.

\_\_\_\_\_  
student

\_\_\_\_\_  
parent

# CASTEEL HIGH SCHOOL ~ CHEER PROGRAM

## Tryout/Evaluation Process

The head coach is responsible for the selection of the team(s). The assistant coach(es) will aid the head coach throughout the process, including the performance and clinic evaluation. On the day of the final evaluation, the head coach may have qualified outside consultants participate in the evaluation of candidates. These consultants could include cheer coaches from other schools, other personal associated with cheer activities, such as current or former coaches, or members of the spirit industry.

The head coach will have the final determination of who will be invited to participate with the team(s). All tryout decisions are final. Seniors can only be placed on a varsity team, so if their final score does not qualify them for placement on a varsity team, they will not be placed on a team.

Each athlete's final score will be comprised of schools in the following categories:

Performance Evaluation	35%
Tumbling Evaluation	20%
Clinic Evaluation	20%
*Teacher & Coach Evaluations	20%
Written Response	5%

### **Description of Tryout Categories:**

Performance Evaluation: During clinic week, athletes will be taught material to be evaluated on during the final day of evaluations. On the final day, athletes will perform jumps, tumbling, a cheer, a short dance, and the Casteel fight song in front of a panel of evaluators.

Tumbling Evaluation: Athletes who have tumbling experience will show their tumbling ability throughout the clinic, as well as during the final evaluation. There will be no spotting on tumbling skills and athletes may only throw skills they have mastered prior to clinics and evaluations. Consistency is a key component.

Clinic Evaluations: Throughout the first days of tryouts, each athlete will be evaluated on effort, work ethic, attitude, teamwork, preparedness, and ability to pick up the material. Coaches' current and past experience with the athlete will also be taken into consideration with determining this score. This score comes solely from the current coaching staff.

\*Teacher & Coach Evaluation: Athletes are required to be evaluated from 2 current teachers from **core** classes (math, language arts, or science), as well as 1 coach evaluation. If applicable, this coach must be a current coach from Casteel if the athlete participated in a sport during the 2018-2019 school year. Athletes are responsible for giving the form to their teachers and coach and have the form returned to the coach in a **sealed** envelope in mailbox or room C13. If the athlete fails to give teachers/coach the form, the athlete will receive a zero for their evaluation score. This evaluation form can be found online- athletes are responsible for printing their own copies. Athletes that have participated in prior Casteel Cheer seasons will also receive an evaluation from previous cheer coaches.

Coach Romonoski must have all evaluations on or before day 2 of tryout week. No late evaluations will be accepted. Please note that coaches may follow up with references and all evaluations are confidential.

**\*\*Note\*\*** Fall tryouts: Athletes are required to be evaluated from 2 teachers from core classes from the previous school year as well as 1 coach evaluation.

Incoming 7<sup>th</sup> grade students are not required to have these completed.\*

Transfer students are not required to have these completed.\*

\*If students have participated in outside sports (ex. All-Star Cheer, gymnastics, etc.), please have a coach complete an evaluation form.

Written Response: Within the tryout packet, there are several questions to answer. Coaches will score each applicant's written response and this score will be calculated into the percentage listed above. Due dates may also positively impact or negatively impact a portion of this score.

Fitness Evaluation: Strength, endurance, and overall fitness are an important part of being on a competitive team at Casteel. A fitness evaluation, such as a mile run, may be included and recorded in the tryout week. These points will be added in as extra points under performance evaluation.

Final Score: The score in each category will be combined to obtain the final score. The final score of each athlete will be used to aid the head coach in determining team placement.

Participants will be informed if they have made a cheer team within 3 days after the final performance evaluation; however, participants may not know what team they have made until after the needs of the teams are determined by the head coach which could be as late as August after fall tryouts are completed. All results will be posted on the Casteel Cheer website.

Casteel High School Cheerleading Application

Name \_\_\_\_\_

Grade 7 8 9 10 11 12

(2019-2020 School year, Circle One)

Address \_\_\_\_\_

Birthdate \_\_\_\_\_ Student Cell # \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Parent Contact #'s \_\_\_\_\_

Email Address \_\_\_\_\_

\*This email will be used for ALL correspondence! Parent/Guardian Name

Parent/Guardian Name \_\_\_\_\_ Parent Contact #'s \_\_\_\_\_

Email Address \_\_\_\_\_

\*This email will be used for ALL correspondence! Parent/Guardian Name

Have you ever been a member of a school or club cheer team? Yes No

If yes, where and when? \_\_\_\_\_

What is/was your coach(es)'s name? \_\_\_\_\_

What is your current stunting position? flyer base back not sure

Most advanced skills in this position: \_\_\_\_\_

What are your current tumbling skills, confidently throwing without a spot, on a HS floor (hard mat)?

Standing: \_\_\_\_\_

Running: \_\_\_\_\_

All members of the Casteel cheer team are required to follow these social media accounts with all of the student's accounts.

Instagram: CCHSColts\_Cheer

Twitter: CCHSColts\_Cheer

Facebook: Colts Spiritline: Cheer (public group) and Casteel.Cheer.Team (team members only)

Snapchat: CASTEELCHEER

Please write any and all of your usernames for the social media accounts you currently hold:

Instagram: \_\_\_\_\_

Twitter: \_\_\_\_\_

Snapchat: \_\_\_\_\_

Facebook: \_\_\_\_\_

Other Social Media Accounts: \_\_\_\_\_

All cheerleaders' accounts will be monitored by a Casteel Cheer Coach.



Please answer all questions in complete sentences and with as much detail as possible. Your answers are taken into consideration throughout the tryout process and season. If you need more space, please attach another piece of paper to your application.

Are you willing to adjust your school schedule to be enrolled in Cheer Academy (6<sup>th</sup> hour)? If not, why?

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The Casteel Cheer Team may schedule practices on days before school and/or after school. Does your schedule allow you to attend all scheduled practices? If not, why? \_\_\_\_\_

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Are there any existing injuries that Coaches should be aware of that may prevent you from doing "full-outs" or prevent you from doing activities/workouts that the team is expected to do? If so, please explain what limitations you have and if you're currently being treated by a doctor at this time. \_\_\_\_\_

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You may be asked to provide a doctor's note or more information regarding this injury before making a team.

Why do you want to be a part of the Casteel Cheer Program? \_\_\_\_\_

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How would your participation on the team benefit the Casteel Cheer Team? \_\_\_\_\_

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How would you handle a negative or disrespectful teammate (or teammates) that seem to be affecting the team dynamics, practices, games, and/or competitions? \_\_\_\_\_

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What does it mean to be a leader? What type of leader do you consider yourself to be if any? Why? \_\_\_\_\_

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Within this program, we greatly stress the importance of using the chain of command when concerns or issues arise. What do you consider to be the correct chain of command to be used when communicating a problem? Why is it important to follow this? \_\_\_\_\_

\_\_\_\_\_

Competing at the state and national level requires both physical and mental toughness as well as dedication, passion, and a constant motivation to be better. What do these traits mean to you? How will you continue to display them throughout the season? How will you assure your teammates continue to display them? \_\_\_\_\_

\_\_\_\_\_

How would you handle a coach's decision that you do not agree with? For example, becoming an alternate for a competition, being removed from a stunting position, or being benched from a game as a behavior consequence? \_\_\_\_\_

\_\_\_\_\_

Please list any other on and off campus activities/clubs you plan on participating in throughout the school year:

\_\_\_\_\_

-----Parent/Athlete Acknowledgement-----

My child and I have read the tryout packet and are aware of the rules and guidelines for tryouts as well as the upcoming cheer season.

I (parent) have read all of the expectations listed in the tryout packet and agree to support and follow through with each.

I (parent) have read all my child's responses and agree that he/she has written each one honestly.

I (parent) give permission for my son/daughter to try out for the Casteel Cheer Team.

I (parent) understand that my child cannot participate unless the expectations are agreed to and signed. Once a part of the team, we will review the Cheer Handbook, which will review expectations in more detail.

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Prospective Member Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Prospective Member Signature

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Date Signed