

HIGH SCHOOL POM TRYOUT PACKET (FRESHMAN and TRANSFER ONLY) 2019-2020

Dear Parents and Prospective Member,

We are excited that your child has shown an interest in becoming a member of the Casteel High School Spiritline for the 2019-2020 school year. The following is a packet that you and your child will need to become familiar with before making a decision to participate in this sport. If she/he is elected to be a member of the Spiritline, there are specific responsibilities and obligations in which your child must assume in order to qualify and remain part of the squad.

The purpose of the Casteel High School Spiritline program is to support school activities and programs with school spirit and pride. Athletes are positive role models to their fellow peers and are expected to be examples of school policy regarding attitude, attendance, academics, and sportsmanship. In addition, all team members will learn the importance of commitment, teamwork, and responsibility.

Team size will vary depending on the natural break in points. A possibility of Junior Varsity, Varsity, Alternates, Game Day Squad, and Competition Squad could be selected. All team members will need coach approval to perform in any routine, sideline cheering, and school performances. Not everyone is guaranteed a spot on the Competition team or to perform in all routines. The final decision on the membership of any team and eligibility to perform in routines is made by the coach(es)/choreographer. All members of the team will be responsible for choreography fees. Only those competing will have competition fees.

Casteel High School members are **required** to:

- Be enrolled in Pom Academy class at Casteel High (Advanced Dance).
- Perform at assemblies, attend all home and away football games, boys' and girls' basketball games (home and away if the team is asked to go), and possible competitions.
- All members chosen for competition will compete in the AIA Qualifier and State Competition, Various UDA and USA Competitions, USA Nationals, and other independent competitions (dates will be given upon their release).
- Maintain required technique skills needed to be on the appropriate team.
- Maintain fitness evaluation scores/times needed to be on the appropriate team.
- Attend after-school practices currently scheduled for:
 - o 3-4 practice days/week; Varsity
 - M W Th: 2:45 pm-4:00 pm
 - o 2-3 practice days/week; Junior Varsity
 - T: 4:00 pm-5:30 pm
 - F: 2:30 pm-4:00 pm

*Practice Times will be finalized over the summer and will be sent out as soon as they're confirmed with the Athletic Department. Practice times are contingent on availability and possible teams.

- Attend 1 team Pom technique class tentatively Monday's 3:30- 5 PM in the dance room.
- Sign up for Strength Camp (2 days in class, 1 day after school, more detailed information to follow).
- Maintain a positive attitude, strong work ethic, disciplined practice environment, maintain appropriate grades, and improvement on a daily basis.

It is highly recommended to attend a jazz technique or another Pom class at a local studio in addition to the team's practice schedule.

Financial Agreement:

Casteel Spiritline will require members to have warm up jacket, backpack, poms, practice wear, bow(s), and 1-2 pair of shoes. Total expenses will be determined after tryouts; however, clothing/equipment costs are estimated at about \$500 per girl.

If qualified, we will be traveling to USA Nationals (Feb. 14- 17), the cost is estimated to be around \$1200/girl. Choreography fees, competitions, and travel fees are to be determined.

The financial commitment can seem overwhelming. All consideration is given to the cost of each required item, and costs will be kept to a minimum wherever possible. All fees for participation and clothing will need to be paid within the week of making it. More info will be given on where and how to purchase these things once you make the team.

Casteel Spiritline will work to fundraise to offset the cost for Nationals and other competitions; however, it is not guaranteed to cover everything. By signing the tryout application you agree to the financial requirements of the team.

POM CLINIC, AND TRYOUT SCHEDULE:

Clinic/ Tryout Week:

Thursday, Friday, Monday, Tuesday July 25- 26, 29- 30: 2:45- 4 pm Dance Room

Wednesday July 31: 2:45- Until Finished (aprox. 5 PM)

Tryouts may run over time. Be prepared to stay until dismissed.

Results will be posted on the website by the final evening of tryouts.

Pommie and Parent Informational Meeting to be scheduled.

This informational meeting is mandatory.

1. The 2019- 2020 fall tryouts will be open to all freshman and transfer students.
2. You will be evaluated throughout the entire time. All tryout days will be held at the high school in the dance room and aux. gym and are closed to all spectators. Report ALL injuries to the coach immediately.
3. Applicants may receive no outside help with clinic material once the tryout week has begun. Tryouts will be closed to all observers, including parents. Videos are NOT allowed at any clinics.
4. Tryout clothes should consist of workout clothes- black or navy spandex or athletic shorts (appropriate length please), fitted black tank, shirt or leo, jazz shoes or turners. NO BAREFEET ALLOWED. Each participant will receive a tryout number. This number will be pinned on the front of the shirt.
5. All clothing should be SCHOOL APPROPRIATE (no crop tops or mesh tanks/ leos). NO OVERLY BAGGY CLOTHING or SHORT/ REVEALING SHORTS should be worn. Hair should be neat and all hair should be pulled up and away from the face with an elastic band. Appearance counts!
6. Nails must be short and have no polish. Wearing jewelry of any kind or chewing gum is also not allowed during tryouts or practices.
7. Technical skills are required to make a high school team. This will be checked throughout the year and if skills are lost, you may lose your spot on the team or become an alternate. There may be additional skill requirements needed to make the competition choreography. These skills will be determined in July/August once teams are finalized.

You must be able to demonstrate (but not limited to):

- Triple, Quad, or Higher Pirouette, Coupe, Pencils
- 8- 16 a la seconds, a la second variations, a la second changing spots (combinations to be given at try outs)
- Right/ Left and Side Leaps, stags, Switch leaps, turning leaps
- Single- Triple Toe Touch, Split Jumps, Ring Jumps
- Extension and Flexibility, Kick and Kick variations and extensions, single- triple leg turns
- Cheer with sharp and precise movements
- Chant(s) with sharp and precise movements
- Dance with rhythm, sharpness, precise movements, and on-count motions
- Flexibility in jumps and kicks
- Spirit throughout the week and on tryout day (before, during, and after tryout performance)
- Endurance (running a mile)

8. Final Tryout Day: You will be judged 3-4 athletes at a time. You will demonstrate technique skills listed above and variations, and dance combos.
 - a. On each of the final days, outside professionals may be brought in to judge alongside Casteel coaches and score girls on various abilities. Judges are aware of athletic ability that is needed to be a successful member and will be able to determine potential.
 - b. Casteel coaches will have the final say in the selection process of their team.
 - c. Attitude, behavior, and grades do have weight in your try out.

Prospective Pommies are REQUIRED to get letters of recommendation from ALL CORE Subject Teachers from the 2018- 2019 school year. The format of the letter is attached at the bottom of the packet. These need to be received by Coach Sammons by MONDAY, JULY 29th, 2019. They need to be given by the teacher and not the student. Teachers can email them to sammons.rylee@cusd80.com or leave them in my box in the front office. Envelopes must be sealed.

9. TRYOUT APPLICATION MUST BE THOROUGHLY FILLED OUT, SIGNED by applicant and parent, & RETURNED TO THE POM COACH BY **Thursday, JULY 25th, 2019!**, 2019! Late packets will be accepted, but it will be noted.

YOU MUST BE CLEARED ON REGISTER MY ATHLETE. NO EXCUSES! IF NO PACKET AND NOT CLEARED, YOU WILL NOT BE ELIGIBLE TO PARTICIPATE IN THE CLINIC OR TRYOUTS!!

Register my athlete is the new way to receive athletic clearance. See the link below the tryout packet link on the Pom Website for help.

NO PACKET, NO CLEARANCE = NO TRYOUT

Those that attended our spring clinic and have already gotten clearance, turned in the packet, as well as recommendation letters will NOT need to go through this process again. Check in with Coach if you have questions.

I am delighted to have your child join in the experience. I look forward to a great and successful year! If you have any questions concerning this letter or tryouts, please email Coach Whalen (formerly known as Coach Sammons) at sammons.rylee@cusd80.com

Thank you!

R. Whalen
Head Pom Coach

SPIRITLINE TRYOUT APPLICATION

Please return this portion of the packet with your signed constitution, social media contract, and CLEARANCE CARD to Coach Sammons by the first day of tryouts.

Prospective Member Name _____ ID Number _____

Current Grade Level _____ Current GPA _____

Student Phone Number: _____ Student Email: _____

Parent Name(s): _____

Parent(s) Phone Number: _____

Parent(s) Email: _____

Permission Slip/ Behavior Contract Agreement

I understand that my child has expressed interest in becoming a member of the Casteel Spiritline Team, and I give my child permission to try out for the team. I further understand that if selected for the team that practices, games, events, and competitions cannot always be sacrificed for other Casteel sports and activities. There needs to be an equal balance. Schedule of additional sports or activities should be provided before each quarter. A meeting with parent, athlete, and coach may need to be scheduled to coordinate schedules. I also understand that after school practices and technique are mandatory, and students will not be excused for things such as studio, work, or other commitments.

Being a member of the Spiritline Team requires exemplary behavior in all aspects. Pommies are held to high standards and should follow all school rules at all times. Along with displaying Courage, Character and Commitment, members of the team must be **respectful**, kind, and display honesty and leadership. Failure to do so in any way/ circumstance can result to removal. Inappropriate behavior WILL NOT BE TOLERATED. There should be no comments, symbols, insinuations or participation in or regarding the use of drugs or alcohol, smoking, vaping, parties that include those things, negative or inappropriate comments towards students, coaches, schools, or anything that could mean dismissal from the team. My child and I have read and agree to abide by the behavioral expectations.

Print Parent/Guardian Name _____

Parent/Guardian Signature _____

Print Student Name _____

Student Signature _____

Financial Agreement

I have read the parent letter, including finances, and I agree to the financial requirements of the team.

Print Parent/Guardian Name _____

Parent/Guardian Signature _____

Print Student Name _____

Student Signature _____



Social and Electronic Media Policy for Casteel High Spiritline 2019- 2020

Training and competing with the Casteel High Spiritline Team is a privilege. Student athletes are held in the highest regard and are observed as role models in the community. It is an expectation of all athletes on the team to be responsible for your actions and your attitude. Your actions, words, and thoughts shared with others are a portrayal of yourself and of the entire team.

As an **athlete** on the pom team, I will not use electronic or social media of any kind other than positive comments. This includes messages to other athletes from other schools, teams, coaches, or my own teammates and classmates. If I am sending messages as a joke but a teammate or coach could read or interpret it as a mean or derogatory comment, I will not send it. There should be no comments, symbols, or insinuations regarding the use of drugs or alcohol, smoking, vaping, parties, or anything that could mean dismissal from the team. Even if I feel the comment is in jest, it should not be written. If you add/create an additional account (other than the ones listed below), it is my responsibility to notify and share my username with a coach immediately. **I understand that if I disregard these rules I can and will be dismissed from the team.**

All members are required to follow these social media accounts with all of the student's accounts:

Instagram @CasteelPommies
Twitter @Casteel_Pommies

All Spiritline Members' accounts will be monitored.

Student Accounts:

Instagram: _____
Twitter: _____
Facebook: _____
SnapChat: : _____
Other Social Media Accounts: _____

Student signature: _____ Date: _____

As a **parent or guardian**, I will make sure that I am aware of my daughter's electronic correspondence with other members of the team, coaches, as well as other schools, classmates, and friends. If anything is intended to be sent out that is defaming, hurtful or could be misconstrued by the recipient, I will not allow my child to send or post. I understand and support the social media policy listed above.

Parent signature: _____ Date: _____

CCHS Spiritline Constitution and Bylaws

Preamble

The constitution is written in the spirit of sportsmanship and fair play, qualities which are to be exemplified by all who become members of this organization. It is expected that all members extend to one another courtesy, respect, and sportsmanship. All members of the Spiritline must:

1. Meet academic requirements
2. Abide by this constitution and the bylaws set forth in the Casteel Spiritline Handbook.
3. Fulfill all responsibilities and obligations with being a member of the organization.

Name/teams

The Spiritline Pom teams and branches may be determined after tryouts take place, but no later than August.

There may be the possibility of:

1. Varsity Pom
2. Varsity Competition/ Elite Pom
3. Junior Varsity Pom
4. Junior Varsity Competitive Pom
5. Game Day Pom

Coaches

There is one Head Coach for the Pom teams and 1 additional assistant/ JV coaches at the High School level. Coaches will help each team as needed. Each coach is highly qualified and meets all requirements in the cheerleading field. Each coach is a certified coach trained in safety and technique. Each coach has AACCA, NFHS, CPR, and First Aid Certifications.

Purpose of Casteel Pom

The purpose of the organization shall be to promote and generate interest, enthusiasm, support, and pride in CCHS and the community. The Spiritline promotes school spirit, supports all teams, competes at many levels, and shows great sportsmanship on and off the field/ performance realm.

Tryouts

Tryouts will be held in April/May of each school year for the following year's squad. Additional tryouts will be held in July/August for any freshman and students that have moved in from out of district. Candidates that did not make the squad in April/May will not be permitted to try out again in August. Candidates that did make the team in April/May will be evaluated throughout the summer practices and camp before finalizing a position on one of the varsity or junior varsity teams.

Tryout Eligibility

All students, within the CCHS attendance boundaries, as well as approved open enrollment students, are eligible to tryout out if they meet the following requirements:

1. Must submit completed application and constitution with parent signature for permission to tryout.
2. Must show all required paper work and must be turned into athletic office prior to tryouts. A student athlete will receive a clearance card that must be given to the coach prior to tryouts. If student is not cleared prior to tryouts, they will be required to sit out and not participate.
3. If a pommie was removed from or quit the team the previous year, they may be ineligible to tryout. This is under the coach's discretion.

Clothing

You are responsible for purchasing required shoes (1-2 pairs), poms, camp/practice clothes, bow(s), socks, and warm-ups. There may be optional items available.

Uniforms/Locks

All uniforms and locks provided are the schools property. If a Spiritline member loses his/her uniforms or equipment, he/she will be required to pay for a replacement within 2 weeks of losing it. Cheerleaders/Pommies and their parents are expected to pay for cleaning expenses and/or replacement costs for uniforms that are returned soiled and/or damaged. There may be additional uniform costs for those competing. Any uniform purchased by an individual may be kept. See a coach for further details if interested in purchasing your own uniform.

Dues

Students must pay the sports participation fee per season to the bookstore, then show the receipt to the athletic secretary (pay to play fee). Parents may use TAX CREDIT for this fee.

Meetings

Will be conducted at the start of practice when necessary.

Selection process

1. All candidates must participate in tryouts.
2. All candidates will be judged on attributes, physical coordination, ability to learn, talent, attitude, and other criteria as determined prior to the workshop, judging, and selection process.
3. Judging will be handled in a professional manner. Coach will not discuss tryout selection or teams after the list is posted with students and/or parents (Unless a parent wants to discuss ONLY their daughter/son).
4. All score reviews and selection process is done by the coach.
5. **Along with scores, grades, attitudes, dedication, and commitment from the previous year WILL count towards selection for the following year.**
6. Participants will be informed if they have made a cheer team 2 days after tryouts; however, participants may not know what team they have made until after the needs of the teams are determined by the coach, which could be as late as August.

Merits and Demerits

The quality of the team's appearance and success depends upon unified practices, commitment, and dedication. Spiritline teams will utilize a merit/demerit system in order to hold Cheerleaders and Pommies accountable for attendance, timeliness, and cohesion.

Spiritline members are allowed a total of **6 demerits**, beginning with the first practice. There will be scheduled events and/or activities per quarter in order to earn merits (additional community service, fitness challenge, etc.). These will be scheduled at the coaches' discretion, and athletes will be notified at least one week prior to activities/events that will earn a merit.

Demerit counts will be as follows:

- Practices and Events = 1 demerit
- Games and Competitions = 2 demerits
- Being 10+ minutes late to a practice = ½ demerit
- If ½ of practice has been missed = 1 demerit
- Leaving 10+ minutes early from a practice = ½ demerit
- Being 5+ minutes late to a game or event = ½ demerit
- Leaving early from a game or event = ½ demerit
- Not dressed out (in planned attire) on time for practices, games, or events = ½ demerit
 - "on time" meaning at the start time of the practice, game, and/or event.
 - This includes clothing, hair, jewelry, shoes, etc.

Demerit numbers will be provided at the end of each quarter. Spiritline members can request to find out their total number of demerits at any time. It is the Spiritline Member's responsibility to check in throughout the quarter.

After more than 6 demerits, you will forfeit the privilege of being on our team and no refunds will be given. If it becomes necessary to suspend or remove a Cheerleader or Pommie, the parent or guardian will be notified. The coaches reserve the right to determine each case on an individual basis.

There may be some adjustments to the demerit policy which will be finalized in the Pom Handbook. This information will be clarified and gone over at the mandatory informational meeting in the fall.

Absence Policy

- Spiritline practices and schedules are expected to be put first and made a priority.
- Absences include "excused" and "unexcused" absences (think of them like "sick/vacation days" at a job). Cheerleaders and Pommies are expected to be present at practices, games, and other Spiritline events. Sick and injured Pommies are required to be at every practice, as appropriate. Being absent from a contagious illness with a doctor's note may not be counted against the athlete. Coach will deem when a demerit is appropriate.
- Spiritline practices, games, events, and competitions cannot always be sacrificed for other Casteel sports and activities. There needs to be an equal balance. Schedule of additional sports or activities should be provided before each quarter. A meeting with parent, athlete, and coach may need to be scheduled to coordinate schedules.
- Extenuating circumstances and/or emergencies will be determined on a case-by-case basis.
- Tutoring, test make-ups, school events/activities should be utilized outside of practice times if possible.
- If a Spiritline member misses a part, or all, of practice, it is his/her responsibility to ask a teammate or a coach to find out what was missed. If missed and doesn't know the material in a minimum of two days prior to a performance, a Spiritline member may be asked to sit out during the performance.
- All Spiritline members on a competition squad are expected to be present every day 2 weeks prior to a competition. If a practice during this time-frame is missed, the athlete may be asked to not participate in the upcoming competition.

Season Commitment

1. Summer practices
2. Pom Academy- during the school day at Casteel (Advanced Dance)
3. Mandatory summer camp requirements
4. All home and away football games
5. All assigned home basketball games (boys/ girls- usually 1 per week/team) and scheduled away games
6. All play-off games for football and basketball
7. All school spirit related events
8. Competitions
9. Weekly practices
10. All related fundraiser events
11. Strength and Technique classes

Fundraising

Here are some of the things we will fundraise for:

1. Camp
2. Spirit clothes/shoes
3. Warm ups
4. Transportation and Competition fees
5. Banquet awards/trophies/gifts
6. Nationals
7. Practice needs

All Booster Club fundraisers will be a group effort and will go in one Spiritline pot. Each Pommie is encouraged to sell or work at each event.

Grades

1. In order to establish a tradition of being a successful athlete, we need to stress the importance of student **before** athlete. Members of the program shall maintain a C average or higher. Falling below this average may result in benching.
2. Weekly grade checks may be required by coaches.
3. An F on a progress or report card will render the student ineligible. The student will be able to do grade checks on Fridays to become eligible. The student must also attend tutoring for 5 consecutive days to become eligible. Student is not eligible until office notifies coaches. If grade is not brought up by the following progress report the student may be dismissed.

Benched member

1. Benching is the non-participation of a Spiritline Member for a specific time. The coach may bench a member for any of the following reasons:
 - a. Insubordination or disobedience, not following instructions of the coach.
 - b. Poor attitude as defined by the coach. This can be directed at a coach, a team member, or anyone else. Pommies are always in the public eye, and therefore, must maintain a proper level of dignity.
 - c. Missing the last practice before a game (regardless of reason).
 - d. Excessive absences and/or tardies as determined by coach.
 - e. Students must attend all regular classes the day of performance/game to participate, unless approved from principal or AD.
 - f. Not informing the coach at least two weeks in advance of missing a performance or not informing the coach at least 24 hours in advance of missing a practice, unless an emergency arises. Excused absences may include illness with doctor's note, court, hospital, car accident, family emergency, surgery, funeral, injury, death in family. All other absences including work/ other commitments related absences are unexcused. Failure to notify coach in advance will result in unexcused absence. Excused absences may still be counted as a demerit- it's up to the coach's discretion.
 - g. Not abiding by the rules and regulations in this Constitution and the schools rules.
 - h. Being tardy to a game.
 - i. Student being assigned ISS or Detention by a teacher or administrator.
 - j. Other situations that may arise at the coach's discretion.
2. Benched members must attend all practices/games/events.
3. Benched members may not be required to wear uniform, but instead, wear Spiritline clothes.
4. Benched member will sit with coach at all events for entire period of the event (not with friends) and will not utilize their phone.
5. Benched member must abide by all rules, or they will be dismissed from the team.
6. Disrespecting any coach or any member of the Spiritline team will result in an automatic suspension from the next game and possible administrative referral or removal from team.
7. If a teacher contacts any of the coaches regarding behavior or tardies, the student will be required to run laps or will possibly be benched from game(s).

Injured Spiritline Members

Injured athletes are still considered part of our team; therefore, they are required to attend all practices, games, and events as appropriate to watch, learn material, and support his/her team (unless health-care provider says otherwise). Absences will be counted as demerits. If injury restricts the Pommie from dancing, the athlete is excused to miss the studio technique practice only. More details regarding injuries will be provided in our Spiritline Handbook.

Practice Expectations

1. Spiritline members are expected to be fully dressed out in required practice wear at all practices.
2. Refusal to comply with a coach's request or arguing with a coach will result in running laps and/or benching from a game.
3. Any negative comments to another teammate or coach will result in running laps and/or benching from a game. We are all members of a team and we will respect each other. Repetitive occurrences will result in removal from team.
4. Members should be ready to go at the start of practice time, not lingering in, chatting with others, still putting hair up, etc.
5. All hair must be completely pulled back and secured in an elastic band. Jewelry (including body piercings) must be out, and proper shoes must be on by the time practice begins.
6. Spandex shorts must be worn underneath shorts and skirts at all times.
7. Formations are determined by coaches; positions are non-negotiable.

Dismissed

A Spiritline member may be dismissed from the team for the following reasons:

1. Not abiding by the requirements or disciplinary actions as listed in this constitution and Spiritline Handbook.
2. 6+ total demerits (or excessive excused absences) from practice or games.
3. Pommies are chosen based on ability. If a Pommie fails to maintain skills (flexibility, turns, technique, etc), he/she may be removed from team.
4. Profanity in public, public display of affection at inappropriate levels, ditching school, or breaking school rules.
5. Any behavior or activity that is deemed inappropriate or embarrassing to yourself or to Casteel High School will result in possible dismissal from the squad and mandatory substance abuse class and/or community service. This includes, but is not limited to, drinking, smoking, vaping, illegal activity and/or drug use, posting inappropriate pictures on the internet/social media, inappropriate social media posts, hazing, bullying, out-of-school suspension and outside of school arrests or trouble with the law. These rules are enforced for the entire school year including breaks, weekends and during summer camp.
6. Spiritline members are not allowed to participate in any outside competitive cheer organization during our season (tryout week through the final practice), Casteel Cheer, or **Project 15 Dance Co.**
7. ***A dismissed member must turn in their cleaned uniform (in original condition) and lock immediately (within one week). Dismissed members can not letter, receive "End of the Year" awards, or attend the End of Season Banquet.

This constitution will be abided by and followed. In addition to this constitution, it is also understood that the Spiritline Member will be held to the AIA/CUSD participant code of conduct.

My child and I have read the above Spiritline constitution and we are aware of all rules and guidelines for the upcoming season.

I (parent) understand that my child cannot participate unless this constitution is agreed to and signed.

Once a part of the team, you will receive the Spiritline Handbook.

Parent/Guardian Name

Pommie Name

Parent/Guardian Signature

Pommie Signature

Date Signed _____

Practice Clothes Sizing:

Fitted Tank Top (spandex/ athletic material) (in extra small, small, medium, large, etc): _____

Loose Tank Top (in extra small, small, medium, large, etc): _____

T Shirt (in extra small, small, medium, large, etc): _____

Spandex/ Athletic Shorts (in small, medium, large, etc): _____

Shorts (in 0, 2, 4, 6, etc): _____

Jogger Sweat Pants (in small, medium, large, etc.): _____

Jogger Sweat Pants (in 0, 2, 4, 6, etc.): _____

Leggings (in small, medium, large, etc): _____

Leggings (in 0, 2, 4, 6, etc.): _____

This sizing will be for reference throughout the year. If your pommie has changes, please let Coach know. Not all items will be ordered at the beginning of the season. You will receive an email upon making the team letting you know what will be included in the clothing cost.

Final cost of clothing will be emailed after tryouts. Returning pommies can select to order some new items if they would like to replace theirs, or reuse items that will not be changing.

To be printed and given to Core Teachers:

<https://www.cusd80.com/cms/lib/AZ01001175/Centricity/Domain/8582/Rec%20Letter.pdf>

[Teacher Evaluation Form](#)