

John F. Kennedy High School

2017-2018

Spirit Tryouts

★ Varsity Cheerleading ★

★ Junior Varsity Cheerleading ★



**Information
Packet**

★ Everyone is Welcome ★



★ JOHN F. KENNEDY CAVALIERS ★

*1901 Randolph Road
Silver Spring, MD 20902*

*Principal: Mr. Joe L. Rubens
Athletic Director: Mr. Walter Hardy*

Dear Candidate,

Thank you for your interest in the **2017-2018 John F. Kennedy Spirit Tryouts** for Varsity and Junior Varsity Cheerleading. The purpose of our extra-curricular organizations is to promote school spirit and uphold the standards of John F. Kennedy High School. As a member of one of these teams, you can show your Cavalier Pride through performances, competitions, and community events.

This can be a truly rewarding experience, but it is also a **TREMENDOUS TIME COMMITMENT and can be costly**. These are organizations that require your earnest effort and sincere dedication. Be aware of these facts as you prepare to take on the responsibilities of representing John F. Kennedy High School.

This packet has been prepared to familiarize you with our organizations and to provide information about the tryout procedures. Please read all of the information **CAREFULLY**. You will find the basic qualifications to become a member are not difficult to achieve. Aside from an **academic 2.0 minimum GPA requirement**, you must have pep and enthusiasm, want to be involved, enjoy performing, and be willing to work hard. (Specific guidelines for evaluating the tryout performances are stated later in this packet.)

To participate in the 2017-2018 JFK Spirit Tryouts, you must complete and submit the attached **information & permission forms**, along with your **final report card**. Additionally, you must have a **VALID athletic physical documented on the MCPS Health Inventory Form**. Please note: Athletic physicals are only valid for ONE calendar year. Be sure yours is dated **after** August 12, 2016 and that it will last throughout the entire tryout process. All paperwork is due at the Information Clinic on **Thursday, August 3, 2017**. You may **NOT participate** in the Instruction Clinics or Final Tryout until all of your paperwork has been submitted.

If you or your parents have any questions, please feel free to contact one of the coaches.

★ Varsity Cheer

Head Coach - Mrs. Zina Saunders

240-486-7713

coachsanders15@gmail.com

Asst. Coach - Ms. Linda Lewis

301-221-9560

lindalewis18@yahoo.com

★ Junior Varsity Cheer

TBD

Thank You and Good Luck!

★ What are we all about? ★

The purpose of our extra-curricular organizations is to promote school spirit and uphold the standards of JFKHS.



Varsity Cheerleading

- ★ varsity athletic sport
- ★ two seasons : fall, winter
- ★ 12 – 25 members: grades 9– 12 (alternates may be chosen)
- ★ cheers, pep dances, jumps, stunts, and tumbling
- ★ spirit throughout all home and away varsity football games
- ★ spirit throughout all home and some away varsity boys & girls basketball games
- ★ spirit throughout select varsity field hockey games, soccer games & wrestling matches
- ★ participation in the MCPS Cheerleading Championships and one local competition.
- ★ hosts and performances at various school and community events



Junior Varsity Cheerleading

- ★ varsity athletic sport
- ★ one season : fall
- ★ 10 – 18 members: grades 9– 10 (alternates may be chosen)
- ★ cheers, pep dances, jumps, stunts, and tumbling
- ★ spirit throughout all home and some away Junior varsity football games
- ★ spirit throughout select junior varsity field hockey games, soccer games & wrestling matches
- ★ participation in the MCPS Junior Varsity Cheerleading Exhibition
- ★ hosts and performances at various school and community events



★ Tryout Procedures ★

Candidates must turn in the following items **on Thursday, August 3, 2017.**

- ★ Complete Spirit Tryout Information Form with signed parent permission
- ★ Report Card
- ★ Valid MCPS Health Inventory Form (**dated after 8/3/2016**) or a signature from the School Nurse, if the physical is on file at your school

The tryout process will consist of:

- ★ Conditioning Clinics
- ★ One Information Clinic,
- ★ One Technique Clinic,
- ★ One Instruction Clinics, and
- ★ One Formal Tryout.

ALL CLINICS ARE MANDATORY!

However, should a candidates need to miss a clinic, they must inform the appropriate coach at least 5 hours prior to the start of clinics

Please refer to the Tryout Schedule on the next page for dates and times.

All clinics will be held at Kennedy High School. We will **meet in the Cafeteria**. Clinics are closed – friends and family may not attend. Outside of scheduled clinics, candidates **MAY NOT** work with or get help from a coach or tryout instructor.

It is suggested that each candidate bring a water bottle to clinics. Candidates must be **on time**, dressed appropriately, and ready to practice at the stated times.

For clinics, candidates need to wear a t-shirt or tank top with shorts and rubber soled athletic/cheer shoes. Hair should be out of the face and **NO JEWELRY** of any kind is permitted. **For the formal tryout, candidates MUST wear** a white t-shirt with black shorts (cheer) and rubber soled athletic/cheer shoes. Hair should be out of the face and **NO JEWELRY** of any kind is permitted. **CLOTHING SHOULD NOT INDICATE PAST TEAM AFFILIATION.**

Candidates will tryout in pairs. Candidates are free to choose their own partners. In addition to the group performance, the final tryout will include an **individual performance of various skills.**

★ Tryout Schedule ★

CONDITIONING CLINICS – BEGINS THURSDAY, JUNE 1, 2017 (CONDITIONING CLINICS WILL TAKE PLACE THREE TIMES A WEEK UNTIL THE INFORMATION MEETING)		
Cheerleading	★	5:30 – 7:30

INFORMATION CLINIC – THURSDAY, AUGUST 3, 2017		
Cheerleading	★	5:30 – 5:45 Introduction of coaches
	★	5:45 – 6:15 Tryout Information & Q & A Session
	★	6:15 – 6:45 Begin Teaching

TECHNIQUE CLINIC – TUESDAY, AUGUST 8, 2017		
Cheerleading	★	6:00 – 6:30 Motion and Jumps Session
	★	6:30 – 6:40 Break
	★	6:40 – 7:00 Stunt Session

INSTRUCTION CLINIC – WEDNESDAY, AUGUST 9, 2017		
Cheerleading	★	6:00 – 6:40 Motion, Jumps, Cheer and Dance Session
	★	6:40 – 6:50 Break
	★	6:50 – 7:00 Stunt Session

FORMAL TRYOUT – THURSDAY, AUGUST 10, 2017		
Cheerleading	★	5:30 – 5:45 Check-in, warm-up, stretch and review
	★	5:45 – 7:00 Performances ... Good Luck ☺
	★	7:00 – 8:45 Team/Parent Meeting

★ Judging Criteria ★

These are the general criteria that will be used to evaluate the candidates during the clinics and formal tryout performance.

Knowledge

- ★ Knows counts, words and sequence
- ★ Does not look around at others
- ★ Does not count with mouth
- ★ Makes few mistakes & recovers quickly

Precision & Dance

- ★ Coordinated and on beat
- ★ Sharp and controlled movements
- ★ Correct positions and placements
- ★

Performance Ability

- ★ Performs with enthusiasm and energy
- ★ Smiles and/or facials throughout
- ★ Projects confidence while performing

Technique

- ★ Jumps, turns, leaps, kicks
- ★ Body alignment, extension, height
- ★ Control and grace
Volume when speaking

Conditioning Clinic

- ★ Attending clinics

A panel of judges may or may not be used during the formal tryout performance. However, the Coach has the FINAL AUTHORITY IN MEMBER SELECTION.

In conjunction with the formal tryout scores and teacher comments, the Coach will consider each candidate's past history/experience on this or any team, ability to learn required material, execution of technical skills, and ability to be a beneficial team member (work ethic, commitment, dedication, cooperation, and attitude) when making selections.

★ Tryout Results ★

Final Team Selections will be made at the end of the formal tryouts but no later than **Friday, August 11, 2017**. Everyone is asked to remain at the school after tryouts for the announcing of the team. The final list will also be posted on Kennedy Athletics website.

★ Team and Parent Meetings ★

All selected team members, and at least one parent, will be required to attend a MANDATORY meeting the evening of tryouts (Thursday, August 10, 2017).

Please note that a deposit is DUE the day of the meeting to cover camp fees and/or uniform accessories.

★ Financial Information ★

The SAMPLE order forms below outline purchases for the upcoming school year. Since catalog prices are subject to change and shipping fees often vary, amounts are approximate. Other expenses (professional team & individual photos, performance videos, squad bonding activities, uniform cleaning) may arise throughout the year, but will be kept to a minimum.

* SAMPLE * CHEERLEADING ORDER FORM

Item	Size	Quantity	Cost	Total	Due Date
Camp Deposit*	N/A	N/A	\$165.00		At Parent Meeting
Camp Balance*	N/A	N/A	\$		
Camp/ Practice Wear			\$155.00		At Parent Meeting
Cheer Shoe			\$80.00		August 10
Bloomers			\$10.00		August 10
Midriff Top			\$20.00		August 10
Pink Poms			\$12.00		September 5
Cheer Bows (4)			\$30.00		August 20
Winter Weather Gear (ear muffs and gloves)			\$25.00		September 15
Pink Tube Socks			\$8.00		September 10
Team Jacket*			\$130.00		September 10
Team Pants*			\$50.00		September 10
Cheer Bag*			\$35.00		September 10

*Optional Purchase Prices subject to change. Individuals that were previously on the team are not required to purchase some items.

2017-2018 Spirit Tryouts

★ Varsity Cheer ★ Junior Varsity Cheer ★

Information & Permission Form

DUE at the Information Clinic on **Thursday, August 3, 2017**

Name _____ Student ID # _____

Address _____

City, State, Zip _____

Home Phone _____ Date of Birth _____

Cell Phone _____ Current Grade _____

Email address _____

Current School _____ Parent/Guardian _____

Cell Phone _____

Parent/Guardian _____

Parent/Guardian Email _____

My MCPS Health Inventory Form is attached. valid* (dated after 8/12/2016) and on file at my school.

* **Date** of most recent physical evaluation: _____

* Health Concerns: _____

* Signature of School Nurse or AD: _____

Please check if you would like to be considered for only Varsity, JV or Both. I am interested in trying out for:

Varsity Junior Varsity Both

Do you have any cheer experience? _____ If so, explain. _____

I, the above named student, have read and understand the information in the 2017-2018 Kennedy Spirit Tryout Packet.

Sign _____ Date _____

I, the parent/guardian of the above named student, have also read the information in the 2017-2018 Kennedy Spirit Tryout Packet. I give permission for my student to participate in this tryout. I fully understand that the school and coaches will take every reasonable precaution to prevent accidents, but that they will not be responsible if any accident occurs.

In case of emergency, I can be reached at (_____) _____ ext. _____

Sign _____ Date _____

Teacher Evaluation for KENNEDY HS Spirit Tryouts (Cheerleading & Poms)

DUE at the Information Clinic on **THURSDAY, AUGUST 3, 2017**

GUIDELINES: Students interested in trying out for Kennedy Cheerleading must have this form signed by ALL teachers and a parent prior to participating in the clinics and formal tryouts scheduled for **August 3**. Students who do not submit a COMPLETE teacher evaluation will not be eligible to participate in tryouts.

Teachers: Thank you in advance for taking the time to complete this progress report. If you have any specific questions or concerns, please email Zina Saunders (coachsaunders15@gmail.com) or Linda Lewis (lindalewis18@yahoo.com)

Students: Please keep in mind that you are a **student** first. Your academic standing will determine your participation in the Kennedy Athletic Program. Achievement in the classroom is your first commitment to your team.

Parents: Please sign this completed progress report indicating that you have reviewed the comments and current grades, and that you understand the guidelines for the progress form.

Candidate's Name _____ Trying out for **CHEER**

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