

Timber Creek High School Cheerleading Tryout Packet 2017-2018

Dear potential cheerleader/parent,

Cheerleading is a very important part of Timber Creek High School. Holding this job is a big responsibility. Being a cheerleader is hard work, and requires constant dedication to self, team, school, and community. We are excited that you are interested in becoming part of our cheerleading family. So that you are aware of all that is involved, we ask that you carefully and thoroughly read all of the information in this packet. Please consider every aspect before deciding if TC Cheer is a suitable activity for you. Individuals should remember that as part of the cheerleading team, you are a representative of TCHS, and are expected to display a positive leadership image at all times both in the classroom and around our community.

The most important part of high school is a student's academic progress. Therefore, incoming ninth graders must have at least a C average, while current high school students must have at least a cumulative 2.0 unweighted GPA. Grade/GPA checks will be done by coaches before tryouts.

There is a huge time commitment involved in being a cheerleader. It is important and expected of cheerleaders to be able and willing to go the extra mile. Parents and cheerleaders must understand that cheerleading is a year-round commitment. All cheerleaders will cheer for both football and basketball games. If a cheerleader did not satisfy both seasons in a previous year or had quit any years prior she will not be allowed to try out. Additionally, cheerleaders will participate in various other school and community events. A cheerleader is expected to commit his or herself for the entire year for EVERY activity. Please see the Important Dates page for our calendar through the beginning of August. We beg of you to please plan your vacations accordingly. This is crucial to our success. Conflicts should be addressed with Coach Dorff immediately.

Unfortunately, cheerleading is not free. Please see the attached Sideline Fee Schedule page for more details. (Competitive Fee Schedule will be released at a later date, as all costs are not available at this time.) Students must have all debt cleared from the TCHS Obligation List before the tryout clinic begins or they will be ineligible to participate. Anyone experiencing extreme financial hardship please contact Coach Dorff before tryouts.

All tryout paperwork (application, parent permission form, teacher and/or coach recommendation (Freshman Only), along with a \$20 non-refundable fee which covers the cost of tryout judges and a tryout t-shirt, must be **received** by Coach Dorff no later than 3p on Monday May 1st. Payment can be made in cash, check or "school pay" (current TC students only). Checks must be made payable to TCHS. In addition, all clinic participants must have a valid Physical on file w/ TCHS's Athletic Training office (See Ms. Klein or Mr. Mizener for more info) by this date as well. Remember, Physicals are only valid for 365 days after performed! We encourage you not to wait until the last minute for all of this in case there are any issues with your paperwork. Please take into account that a lack of planning on your part does not constitute an emergency on ours! **Incomplete/late paperwork will not be accepted and athlete will not be able to tryout.**

Students must attend the tryout clinic in full in order to be eligible for selection. The clinic will be held in the TCHS gym Wednesday May 17 3:30- 5:30 and Thursday May 18 4:30-7:30 and will conclude w/ the formal tryout on Friday May 19th at 3pm (freshman tryouts will start at 4:30). The material (cheer and Fight Song) will be taught on Wednesday evening. An example of the triple jump (a double toe-touch connected to your choice of either a hurdler or a pike), w/ counts, will be shown as well. Please see the attached scoring breakdown charts for tumbling and stunting. Students are responsible for finding/choosing their own stunt group. It is highly suggested your stunt groups works together before the clinic to be well-prepared. We also discourage a cheerleader from performing in more than 1 group as this will not be the case once the season starts. Open Gym sessions will be held in the TCHS cafeteria on May 1,8, 15,16 from 3-6pm. Open Gym sessions are not a mandatory part of the tryout process, but your participation is strongly encouraged. All tryout events are closed to the public.

Students will do their formal tryout in a group of three, randomly chosen by numbers drawn during tryouts. Once in place for the formal tryout, you will be asked to individually show your triple jump. Your group will then be

asked to show ten seconds of spirit where you will be judged on your crowd leading ability. Following your spirit, your group will be asked to show the clinic cheer, and Fight Song. The clinic cheer, and Fight Song will be judged on motion placement, sync of motions w/ group, words, sharpness, and overall impression.

Varsity will carry 20 cheerleaders, JV will carry 15-20 cheerleaders. Freshman will carry 15-20 cheerleaders. On the attached application, you will have the option to choose whether or not you are interested in a spot on the competition team. The competition team represents our sport and school at states every year and is a HUGE priority for this program. Cheerleaders who are interested in competition team will have to commit to the team from the first day of practice in the summer. Competition cheerleaders are only taken from the Varsity team. Coaches' decisions for who makes the competition team are based on tryout scores and stunting position. If two girls are interested in the same position (base, backspot, flyer) the determining factor will be who has the highest score.

Appropriate attire must be worn for the clinic and should include proper cheer shoes. No jewelry or gum. Cell phones should be silenced during the clinic. Hair must be worn completely pulled back with a bow. Please dress in TCHS colors – Purple and Black – and take advantage of this opportunity to show us your school spirit! Friday afternoon's tryout attire is the clinic t-shirt with black shorts. The coaches & judges will be looking at your overall presentation/representation of yourself to a crowd over the course of the tryout process.

Please be respectful & encouraging toward others at all times and keep a positive attitude.

Your total tryout score will be composed as below:

- Coach recommendations (Freshman & new members bring form, returning TC will be receiving a grade from their previous coaches) 10 pts
- Stunting (see attached chart) 10 pts
- Standing tumbling (see attached chart) 5 pts
- Running tumbling (see attached chart) 10 pts
- Triple jump 5 pts
- 10 seconds of spirit 5 pts
- Cheer 10 pts
- Fight Song 5 pts

*****Varsity Seniority-** If a junior cheerleader has been a part of TC cheer consistently for 3 years and has an exemplary track record, they will be considered for varsity first regardless of their score. This does not mean they are guaranteed a spot. It means if it is between an incoming senior with a lower score and an underclassman with a higher score with the same stunting position; the incoming senior will be considered first.

***** Generally, freshman will only be able to make a freshman team. Extenuating circumstances are available to individuals with outstanding skills that would make them a candidate for the competition team. (If a freshman is put on varsity they must commit to the competition team or will be placed back on freshman)**

Teams will be announced via our team Instagram page @timbercreekcheer by Sunday morning 5/21. First payment is due 5/23 so be prepared to pay on that day if you make a team.

Again, we ask that you carefully read all the material in this packet. It is imperative that prospective cheerleaders and their parents understand what is expected.

Being a part of TCHS Cheerleading can be some of the best memories of your life. Cheerleading is a wonderful opportunity to learn about leadership, school spirit, and responsibility. I welcome your participation at the clinic if you are ready to be a leader, work hard, and show Wolfpack Pride. I wish you all the best at tryouts, enjoy the experience!

Sincerely,
Head Coach Jackie Dorff

Scoring Breakdowns

Stunting Score Breakdown

Technique, flexibility, body lines, & skills being “performance ready” will be taken into account when your stunt is judged.

LOW SCORING RANGE	MAX POINTS AWARDED
Thigh stands	2
Shoulder straddles	3
Elevators (any stunt that happens at the prep level)	4
MID SCORING RANGE	*To receive the points shown below for this range, a full twisting dismount is expected.
Liberty, heel stretch, arabesque	5
Quarter up to extended single leg body position	6
Half up to extended single leg body position, inversion from the ground to an upright body position	7
HIGH SCORING RANGE	*To receive the points shown below for this range, a specialty dismount is expected.
Switch up to immediate body position	7.5
Single base	8
Full up, low to high	8.5
Single base single leg stunt, half up switch up	9
Full up to immediate body position, Full up from prep level	10

Tumbling Score Breakdown

Technique, form, & skills being “performance ready” will be taken into account when your tumbling is judged.

Standing:

LOW SCORING RANGE	MAX POINTS AWARDED
Cartwheel, forward roll, round off	1
Back walkover, back bend kick over	2
MID SCORING RANGE	
Back handspring	3
Connected back handsprings (2), Standing tuck	4
HIGH SCORING RANGE	
Cartwheel tuck, Back handspring tuck, Toe touch tuck	5

Running:

LOW SCORING RANGE	MAX POINTS AWARDED
Round off back handspring	5
MID SCORING RANGE	
Round off series back handsprings	6
Round off tuck	7
Round off back handspring tuck	8
HIGH SCORING RANGE	
Round off back handspring layout	9
Round off back handspring full, Specialty tumbling pass	10

Important Dates

<p>April 24 April 28 May 1 May 1,8,15,16 May 17 May 18 May 19 May 23 May 29 June 1</p>	<p>Parent/Student Tryout Meeting Spirit night Chipotle 464 Alafaya App. (pg8), \$20, physical DUE Open Gym Tryout Clinic Tryout Clinic Tryout Clothing Fitting **\$ 350 DUE** Welcome meeting (all teams) Pay for Clothing - Varsity website</p>	<p>6p 4-6pm 3p 3-6pm 3:30-6:30p 4:30-7:30p 3-7pm 2:30 6p 12 midnight</p>	<p>Cafe 614 Café Gym Gym Gym Café Cafe From home</p>
<p>June 5,6,12,13,19,20,26, 27 July 3,4,10,11 July 13-15 July 24-25 July 31 August 1 August 7-11 August 14</p>	<p>Practice all teams Practice all teams Cheer Camp UCF Competition Choreography Freshman sideline practice Freshman sideline practice Practice all teams First day of school (Sideline practices will be every Monday & Tuesday 3-4:30) **JV games Thursday pm, Varsity Friday pm</p>	<p>10-1 10-1 Mandatory TBA TBA TBA 1-3</p>	<p>TBA TBA UCF TBA Café Café Café</p>

Sideline Fee Schedule

Returning athletes

Expenses must be paid by the deadlines below, or the cheerleader will be at risk of losing her spot on her team. We are giving a lot of time in advance so we are asking that you plan accordingly. Cheerleading is an expensive sport and we try to keep costs at a minimum. Checks made out to TCHS.

Payment #1: due at the Varsity Sizing May 23rd (Cash, Check <made out to TCHS> or School Pay)

- **Summer Camp** \$310
- **Summer and Fall UCA Stunting Clinics** \$40

Payment #2: May 30th Families will have to log on to the Varsity Website and order camp outfits and required items

- **Essential Items for camp**
3 custom tops, shorts, leggings & 1 sports bra, warm up jacket \$285.36

Freshman/New athletes

Payment #1: due at the Varsity Sizing May 23rd (Cash, Check <made out to TCHS> or School Pay)

- **Summer Camp** \$310
- **Summer and Fall UCA Stunting Clinics** \$40

Payment #2: May 30th Families will have to log on to the Varsity Website and order camp outfits and required items

- **Essential Items for season** **\$400 (Approx. with Tax)**
 - 3 custom camp outfits, 3 poms(Purple, Black, Pink) 3 bows (Purple, White, Pink) Team Backpack.

******White cheer shoes, white crew socks, and black briefs mandatory for season (can be added to order if needed if you already have any/all of them you do not need to order them), TC Cheer long sleeve, hat and other school spirit items also available if you want to add to your order**

After June 1, all necessary costs are binding.

You will be held responsible for these costs even if you quit or must be removed from your team. There are no refunds.

2017-18 TCHS Cheerleading Constitution

Purpose

- Our Purpose is to create and promote school spirit, pride, and loyalty, to encourage good sportsmanship by building better relationships between schools, and to bring positive recognition to our school through superior representation, public relations, and competition. Furthermore, the TCHS Cheerleading program is designed to promote interest in school activities, develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character, as well as teach teamwork and pride in a quality performance through maintaining high standards.
- These guidelines have been designed to build a high caliber cheerleading squad with a respectable and impressive reputation. School and district rules must be followed at all events including off-campus activities. Cheerleaders should be leaders both within the school and in our community and set a good example at all times.

Qualifications

- Grades
 - All squad members must maintain a cumulative 2.0 unweighted GPA to cheer.
 - If a cheerleader falls below 2.0 GPA she will be removed immediately from the program.
- Physical Fitness
 - Cheerleaders must be physically fit in order to participate effectively in stunting, jumping, tumbling, and other aspects of cheerleading. Cheerleaders with weak joints are requested to wear braces or other appropriate protective equipment. Cheerleaders need to keep themselves healthy. Any health problem that appears to be a detriment to the cheerleader or the squad must be addressed. A doctor's note may be required and/or a period of sitting out may result.
- Financial Obligations
 - Candidates must be and remain in good financial standing with the school.
 - Individual costs must be paid according to the Fee Schedule or the cheerleader will be placed on the TCHS Obligation List and unable to cheer until payment is made.
 - Participation in select team fundraisers is required.
 - Each cheerleader will be required to maintain good condition and cleanliness of his/her uniform(s). Failure to do so will result in being placed on the TCHS Obligation List for a new, replacement uniform.

Accountability

- Cheerleaders will earn the right to cheer through excellence in academics and school conduct, hard work, attendance at practices and events, great attitudes, teamwork, moral conduct, knowledge of material, and the display of a sincere attitude to cheer and promote spirit. The coaches will decide if each cheerleader has earned that right on a continual basis throughout the year.
- Each cheerleader will be required to learn all material used at TCHS. All material needs to be performance-ready well in advance of its first performance. Failure to do so will require the cheerleader to sit out under they are performance-ready.

Attendance

- All cheerleaders must attend every team event in its entirety.
- Cheerleaders must be present for at least half the school day on game days in order to cheer. Any exceptions must have prior approval of the coach. It is the responsibility of the cheerleader to notify the coach immediately if they missed more than half the day.
- Any cheerleader who is absent from school must notify their coach immediately on the day of the absence if there is an event scheduled for that day. Coaches will decide if the absence is excused or not.
- If a cheerleader is ill and must miss a team event, he/she must be at home resting or seeking medical appointments.
 - If you are able to still come to a team event and sit out or “take it easy”, you are expected to do so.
- All doctor’s appointments, college visits, etc., should be scheduled so that they do not interfere with team events.
- Tardiness
 - Being prompt (5-15 minutes early) is **expected** at all cheerleading events.
 - Please notify a coach (not a fellow teammate) immediately if you even *think* you may be late. Just because you “told the coach” does not mean the absence is excused.
- Work, not having a ride, “I forgot,” studying, outside activities, etc. are not considered an acceptable excuse for missing or being late to any event. Students should understand that only serious illness, very special extenuating family circumstances, and certain other TCHS commitments are legitimate reasons to miss or be late to a cheerleading event.
- Continually being late to (or missing) cheerleading events can affect your spot on the team, even if they are for “excused” reasons.
- Coaches are much more willing to work with a cheerleader when advance notice is given of a conflict. Last minute surprises are unacceptable and will be dealt with more severely.

Practices & Events

- Appearance
 - Appropriate clothing must be worn and information will be given as to what outfits (often including bow, socks, undergarments, etc.) will be worn for all events.
 - Whenever dressed in “required attire,” you are to remain that way until you are home & fully changed.
 - Hair must be worn in a secure ponytail for all practices and performances.
- Practices will not be organized around meeting times and dates of other clubs and organizations.
- Cheerleaders are responsible for bringing their TCHS cheerleading backpack, warm up jacket and poms to ALL events.
- Cheerleaders are responsible for bringing their own water/sports drink to ALL events.
- Cheerleaders are to promote good sportsmanship at all events. Showing respect for other cheerleaders, organizations, players, the student body, coaches, officials, and spectators is a must.
- At all events, the coach makes all decisions regarding whether a cheerleader participates as well as to the extent of their participation. If parents have concerns about any decisions the coach makes, please contact the coach the next school day following the event (e-mail is preferred method of communication unless there is a dire emergency).

Discipline

- Athletes will comply with coaches requests at all times Excessive, repetitive, and/or cumulative discipline can result in the cheerleader being ultimately dismissed from the team.
- Athletic consequences athletes will be punished for tardiness, unexcused absence, talking back, or any other inappropriate behavior by extra conditioning (ex. Running, pushups, wall sits, sprints, jumps) these will take place in before or after practice in the presence of a coaching staff member.

2016-17 TCHS Cheerleading Application (Submit with 20\$ before May 1)

ATTN: Coach Dorff

Name: _____ Student ID#: _____

Cell phone #: _____ E-mail address: _____

Address (including city & zip code): _____

Current school: _____ Current grade level: _____

Which team(s) you are trying out for? *Please understand that if your final tryout score does not fall within the score range of the team(s) you have chosen, you will not be placed on a team!*

Check one or 2: Varsity JV 9th

Are you *interested* in being a part of the Competitive Team (Standing tuck required)? YES NO

Which stunt position will you be trying out as? *Trying out as a certain position does not guarantee that you will serve in that capacity if you make a team. If you are advanced in more than one indicate a preference with a (1) next to the position you prefer.*

Choose: Base Back Spot Flyer

Standing Tumbling:

LOW SCORING RANGE	MAX POINTS AWARDED	Check the HIGHEST LEVEL skill you would like to be judged on. Check one box only.
Cartwheel, forward roll, round off	1	
Back walkover, back bend kick over	2	
MID SCORING RANGE		
Back handspring	3	
Connected back handsprings (2), Standing tuck	4	
HIGH SCORING RANGE		
Cartwheel tuck, Back handspring tuck, Toe touch tuck	5	

Running Tumbling:

LOW SCORING RANGE	MAX POINTS AWARDED	Check the HIGHEST LEVEL skill you would like to be judged on. Check one box only.
Round off back handspring	5	
MID SCORING RANGE		
Round off series back handsprings	6	
Round off tuck	7	
Round off back handspring tuck	8	
HIGH SCORING RANGE		
Round off back handspring layout	9	
Round off back handspring full, Specialty tumbling pass	10	

I understand and accept that the judges and coaches decision regarding placement on a team is final. I have read and fully understood and agree to abide by all information provided in the TCHS Cheerleading Tryout Packet. If I make a team, I understand and accept that failure to abide by the TCHS Cheerleading Constitution may result in suspension or dismissal from the squad. I am aware of the time and financial responsibilities to be a TCHS Cheerleader. As a representative of TCHS, I agree to abide by all information given if selected as a TCHS Cheerleader for the 2017-18 school year.

Signature of Applicant: _____ Date: _____

Parent/Guardian Permission Form

(Bring to tryouts)

I give my child, _____, permission to be an TCHS cheerleader for the 2017-2018 school year. If selected, she has permission to participate in all cheerleading events and I understand that she must abide by the rules set forth. I also understand that cheerleading events will be held year round. I furthermore understand that attendance at all events throughout the year is a requirement of a cheerleader. I understand that if my child becomes a cheerleader, we are responsible for transportation to and from some events. I also understand that I am to be prompt and on time to drop off and/or pick up my cheerleader at the time specified by the coach and failure to do so may cause my child to lose privileges.

I realize that TCHS Cheerleaders will be expected to follow certain team guidelines. I have read and fully understood the TCHS Cheerleading Tryout Packet. I accept that the coaches reserve the right to add or modify said guidelines as need arises.

While I know that TCHS is committed to the cheerleading program and provides extensive support, I understand that the coaches and school assume no financial obligation due to individual expenses incurred by cheerleaders. I understand that, if chosen, my daughter will be required to pay individual costs as detailed on the Fee Schedule.

I agree not to hold liable/responsible the coaches, TCHS (its staff or volunteers), and the School District of Orange County for any accident or injury that may occur as a result of participation in TCHS Cheerleading. I give my permission for my child to receive medical attention in the event that I am not present or cannot be reached.

I understand and respect that the coaches have families and their own lives too. I will only contact a coach "after hours" if the issue is a dire emergency. If it is something that can wait, I will wait, and I understand and will respect that e-mail is the preferred method of contact for all non-emergency issues.

I understand all responsibilities and requirements should my child become a TCHS Cheerleader. I have read this Permission Form, fully understand its terms, and sign it freely and voluntarily.

Signature of Parent: _____ Date: _____

Parent/Guardian Information:

Name: _____ Cell phone #: _____

E-mail address: _____

Secondary Emergency Contact Information (if Parent/Guardian is unable to be reached):

Name: _____ Cell phone #: _____

Relationship to Applicant: _____

This form is for a CURRENT Coach and or Teacher of a cheerleading applicant. (Coach Preferred)

Coach/ teacher,

_____ is preparing to tryout for the 2017-2018 cheerleading team at Timber Creek High School. Please take a few minutes and complete this recommendation form. This form needs to be brought to the first day of tryouts. (Can be sealed in an envelope)

Recommendation will be added into 10 points of the athletes tryout score. Missing recommendations will be averaged in as zeroes, and any late paperwork will result in the cheerleader having a three point deduction from their total score.

Using a scale of 1-4 (1 = poor, 2 = fair, 3 = good, 4 = great), please rate the student in each category. Please be as accurate as possible, as your insight is extremely valuable. I sincerely appreciate your assistance.

Please use space below for any additional comments!

School Spirit **1** **2** **3** **4**

Leadership qualities **1** **2** **3** **4**

Attitude **1** **2** **3** **4**

Athleticism **1** **2** **3** **4**

Attendance **1** **2** **3** **4**

Sincerely,

Mrs. Jaclyn Dorff

TCHS Head Cheerleading Coach

Jaclyn.dorff@ocps.net

Comments:
