

Plainfield Central Cheer Sideline Tryout Information

BEFORE THE FIRST CLINIC DAY YOU MUST:

- REGISTER ONLINE @
<https://plainfieldcentral.8to18.com/accounts/login>
- Have a current sports physical on file in the athletic office.

CLINIC DATE

Sunday, May 19th

2 p.m. – 4 p.m.

- Registration opens at 1:30 p.m.
- **ALL** paperwork is due **Day 1** of clinics

TRYOUT DATE

Monday, May 20th

Starting at 3:30 p.m.

**Check in at 3:00 p.m.

- Team roster will be posted no later than 3:00 p.m. on Tuesday, May 21st

Please bring to Clinic Date...

1. Cheerleading Application
2. Position/Size Acceptance Form
3. Parent Release Form
4. Two (2) current Teacher & One (1) Coach Evaluation Forms (**all** evaluations must be sealed)

*Please email coach **Paige Visnevac** at paigevisnevac12@gmail.com if you have any questions

TRYOUT INFORMATION

❖ Clinic Day

- Clinic apparel will be shorts, t-shirt, cheer/gym shoes, and high ponytail

Sunday, 5/19 - 2:00 - 4:00

- Registration will begin at 1:30 p.m. in the freshman cafeteria
- Please bring all paperwork and arrive early
- Girls will learn cheer & dance material
- Girls will be given time to tumble
- Girls will choose stunt groups
- Evaluation of stunts by coaches

❖ Tryout Day (closed to everyone except candidates and judges)

• **Monday, 5/20 starting at 3:30 p.m.**

- If all paperwork has not been turned in, you will not be allowed to tryout.
- At tryouts, please wear black shorts, plain black shirt, high ponytail, and cheer/gym shoes.
- Girls will have 30 minutes to warm up necessary skills (cheer, dance, tumbling, etc.)
- Girls will tryout in small groups of 3 or 4 based on groups put together by coaches.
- Girls will be judged on cheer, dance, jumps, tumbling, and spirit.
- Girls are free to leave once their tryout is complete.

Times, dates, and expenses are subject to change

Keep in mind **ALL** of the following:

- **Appearance** – No jewelry, food or gum. Cheer apparel can be worn on clinic days (shorts, t-shirt, cheer/gym shoes, and high ponytail); **At tryouts, please wear black shorts, plain black shirt, high ponytail, and cheer/gym shoes.**
- **Motion Technique** – Motions will be judged based on the cheer and dance. We will be looking for clean and sharp motions, at different levels.
- **Spirit** – Positive attitudes, continuous smiles, the look of having fun while cheering and learning. Facial expressions, eye contact, enthusiasm, and smiles.
- **Tumbling** –JV—cartwheel; Varsity - clean back-handspring. Please do not try or perform any tumbling that you have not practiced prior to this tryout. May be waived based on high scores and potential in other areas.
- **Cheer** – You will be taught a cheer. It will include motions, footwork, voice, and a jump sequence.
- **Dance** – You will be taught a portion of the PHS Fight Song dance. We will be looking for motion placement, sharpness, technique, and rhythm.
- **Stunts** – JV- looking to perform at least a half (prep) cradle. Varsity- the best one legged body position with a full down.

Expectations for Future Teammates

We ask that all cheerleaders and parents to read the PHS-CC Cheer Constitution. We hold that as our *code of conduct*. If you do not agree with anything in the constitution, Cheerleading at Plainfield Central may not be the right choice for you for the 2019-2020 season.

Within the constitution, please read our Strike/Demerit system. Descriptions of what will earn you a strike and/or demerit can be found in the constitution. Once a cheerleader receives three demerits, these automatically become a strike. One strike results in removal from a half a game. After a receiving one strike, the cheerleader, parents, and coaches must have a mandatory meeting to talk about the reasons, constitution and expectations of the team. If a cheerleader receives a total of three strikes, she will be dismissed from the team. No money is refunded if a cheerleader is dismissed from the team.

Times, dates, and expenses are subject to change

SEASON COMMITMENTS

A **MANDATORY** parent & cheerleader meeting will be held **Saturday 5/25 at 9:00 a.m.** at Settlers' Park for those who make the squads.

Settlers' Park

24401 Lockport St.

Plainfield, IL 60544

- **A \$150 payment is required at the meeting** as a deposit for season expenses. This is a non-refundable payment. No items will be ordered until this payment is received.

Season Schedule (Tentative)

- **Summer practices are mandatory.** We are an athletic group and if you expect to perform at games, you need to be at practice.
- Tumbling is a major part of our season. Let the coaches know where and when you are taking lessons (i.e. Team Illinois, Dynamos II, or Gym Time of Illinois)
- **We will be going to the Ultimate Xperience Camp at Romeoville High School from June 20th – 23rd in Romeoville, IL.** If you would have to miss camp, please talk to Coach Visnevac before trying out.
- **School year:** 3-4 practices a week after school and football games on Friday night for 10 weeks. Homecoming and other community events may be on Saturdays.
- **Fundraising:** T-shirt sponsors, 2 car washes (June, July), others TBD.

Times, dates, and expenses are subject to change

PHS Cheerleading Estimated Expenses

Fall 2019

Camp fee	\$ 225.00	June 20-23 @ Romeoville High School
Camp/practice wear	\$ 150.00	
Game bows	\$ 30.00	
Team hoodie	\$ 35.00	

Returning member estimate: \$ 440.00

[Additional items for new members]

Bag w/personalization	\$ 85.00
Sideline shoe	\$ 60.00
Warm-up set	\$ 100.00

New member estimate: \$ 685.00

Winter 2020

Competition shoe	\$ 85.00
Choreography/music	\$100.00
Practice wear	\$ 75.00
Bows	\$ 30.00
Estimate:	\$290.00

**Above costs are estimated. Parents/families are responsible for all expenses. A \$25 fee will be incurred on any returned checks.*

**No apparel will be given until fees are paid in full.*

A separate district athletic fee is to be paid, online, before the first contest of each season:

Sideline \$25 (August)

Competition \$130 (January)

Times, dates, and expenses are subject to change

Bring to clinic

PHS Sideline Season 2019-2020
Cheerleader Application

FRESHMAN

SOPHOMORE

JUNIOR

SENIOR

Name: _____

Address: _____ Subdivision/Area: _____

Cell Phone: _____

Stunt Position (choose one):

MAIN BASE

SECONDARY BASE

FLYER

BACK SPOT

1. What season(s) are you planning to cheer for PHS? FOOTBALL BASKETBALL BOTH
2. Are you a Tumbler? Y / N Are you in a tumbling class? Y / N
3. What tumbling skill are you working on?
4. What activities are you involved in association with school? (sports, clubs, etc.)
5. Do you have a job? How many days a week or how many hours do you work?
6. Why are you trying out for the cheerleading squad this season?

Times, dates, and expenses are subject to change

Bring to clinic

PHS Cheerleading 2019-2020
Parent Information & Permission form

Parent 1: _____

Address: _____

Home phone: _____ Cell Phone: _____ Text? Y / N

Email: _____ (please print clearly)

Parent 2: _____ Same household / Separate household

Address (if different from above): _____

Home phone: _____ Cell Phone: _____ Text? Y / N

Email: _____ (please print clearly)

My child, _____, has my permission to try out for cheerleading at Plainfield High School-Central Campus for the 2019-2020 Sideline Cheer Season. If she/he is chosen to be a member of a PHS-CC cheerleading squad, I understand that she/he must abide by the rules and regulations set forth by the coaches and she/he must be present for **ALL** practices, games and competitions. I acknowledge that I am financially responsible for all orders and expenses. I understand that there is a high level of commitment and I have read the expectations of the cheerleading program. I further understand that the violation of any of these rules may lead to temporary or permanent suspension from the team. I also understand that cheerleading is a sport, and therefore IHSA rules and regulations will be followed regarding grades & eligibility, practices, consequences, etc. I understand that all forms must be **completed by May 19th, 2019** or my child may not be allowed to tryout.

***I understand that my son/daughter will be evaluated by qualified judges, and we agree to abide by the decision of the judges.**

***I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be completely eliminated.**

Parent / Guardian Signature

Date

Times, dates, and expenses are subject to change

Bring to clinic

Position Acceptance Form

I am willing to accept a position on the following team:

Varsity

Junior Varsity

Either

If you are not willing to accept a position on the JV team and are not chosen for the varsity team – you understand that you will be cut from the program.

It is a strong recommendation that any cheerleader who does not earn varsity spot accepts a spot on the JV team so that they improve their skills for the next season.

*This form in no way guarantees anyone a position on either team.

Candidate's Name: _____

Candidate's Signature: _____

Parent's Signature: _____

2019-2020 Cheerleader Ordering Information

Cheerleader Name: _____

New

Returning

Please write an estimated size based on adult sizing. There will be a fitting for some items, not all.
(*optional for returning members)

T-shirt size _____

Spandex/Nike Pros size _____

Track shorts size _____

*Shoes (NFinity brand) _____

*Warm-up Jacket _____

*Warm-up Pants _____

*Cheer Bag (NFinity brand & personalized): Name on bag: _____

****Please order sizes correctly – once items are ordered there is no exchanging of sizes.**

Times, dates, and expenses are subject to change

Must be a coach/employer you have worked with in the past 12 months.

PHS-CC Cheerleading 2019-2020
Coach/Employer Evaluation Form

Cheerleading Candidate Name: _____

Evaluator's Name: _____ Gym/Business Name: _____

Coaches/employer, your input is an important part of the evaluation process to become a PHS-CC Cheerleader for the 2019-2020 Sideline Cheer Season. Please take a moment to fill out the below evaluation.

When completed, please place the evaluation in an envelope, **seal the envelope, and then sign the seal.** This will ensure that your comments remain confidential and you can be as honest as possible. You may then give the envelope back to the cheerleading candidate. These evaluations are a part of each candidate's total score, and as such, need to be completed and returned by clinic day 1—May 19th. Please email me with any questions at paigevisnevac12@gmail.com.

Please rate the student on a scale of 1-10
(1 being poor, 5 being average, 10 being excellent)

Attendance and attitude in class

1 2 3 4 5 6 7 8 9 10

Interaction w/others (friendly, helpful, kind, compassionate)

1 2 3 4 5 6 7 8 9 10

Response to critique or correction

1 2 3 4 5 6 7 8 9 10

Attendance

1 2 3 4 5 6 7 8 9 10

Fulfilling expectations

1 2 3 4 5 6 7 8 9 10

Additional Comments: Use back of page if needed.

Signature: _____ Date: _____

Times, dates, and expenses are subject to change

Must be current teacher

PHS-CC Cheerleading 2019-2020
Teacher Evaluation Form

Cheerleading Candidate Name: _____

Teacher's Name: _____ Subject area: _____

Current grade in your class: _____

Teacher input is an important part of the evaluation process to become a PHS-CC Cheerleader for the 2019-2020 Sideline Cheer Season. Please take a moment to fill out the below evaluation.

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Interaction w/others (friendly, helpful, kind, compassionate)

1 2 3 4 5 6 7 8 9 10

Responsibility

1 2 3 4 5 6 7 8 9 10

Attendance

1 2 3 4 5 6 7 8 9 10

Leadership Ability

1 2 3 4 5 6 7 8 9 10

Additional Comments: Use back of page if needed.

Teacher signature: _____ Date: _____

Times, dates, and expenses are subject to change

Must be current teacher

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Teacher Evaluation Form

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1 2 3 4 5 6 7 8 9 10

Additional Comments: Use back of page if needed.

Teacher signature: _____ Date: _____

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