

Dear Prospective DGS Cheerleader,

Thank you for your interest in the Downers Grove South Co-Ed Varsity and Junior Varsity Cheerleading Team. We ask that both you and your parents carefully read over this information packet and discuss it before making the decision to try out.

The Co-Ed Varsity and JV Cheerleader's main objective as a member of the team is to uphold the ideals of a true Mustang, showing leadership and sportsmanship in support of our athletic teams. Their primary goal is to promote a positive attitude towards Downers Grove South High School. In addition to performing at sporting events and activities at DGS and within the community, we are a highly competitive program that competes for the IHSA state series.

A successful DGS Cheerleader must be a talented performer as well as a self-starter. It is crucial that, because of the extensive time commitment, each athlete should be a well-organized individual able to devote the necessary time to practices/performances as well as academics.

The cheer teams are divided into two seasons. The two seasons are Football (Fall) and Basketball (Winter). **YOU MAY TRY OUT FOR ONE OR BOTH SEASONS.** You must declare which season(s) you want to try out for on the first day of tryouts. It is possible that although you may try out for both seasons, you may only be selected for one of the seasons. Typically more candidates are selected for Football season than Basketball but the majority of the cheerleaders are chosen for both seasons.

Thank you for taking the time to read this packet. We hope you seriously consider trying out for the Downers Grove South Cheerleading Team. We look forward to meeting all of you at tryouts. We wish you all the best of luck in your efforts to become part of our team.

Sincerely,

Shannon Lahey-Bak  
Head Coach  
[slahey@csd99.org](mailto:slahey@csd99.org)

Brianna DeMarco  
Assistant Varsity Coach

Teri Mugnaini  
Junior Varsity Coach  
[tmugnaini@csd99.org](mailto:tmugnaini@csd99.org)

**DGS Cheerleading Important Dates –:**

- **Pre-Tryout Meeting: Monday, April 30<sup>th</sup> @ 4:30 – Cafeteria – New Members**
- Clinic Dates: @ DGS Field House
  - Tuesday, May 1st – 6:00 – 8:45 pm
  - Wednesday, May 2nd – 6:00 – 8:45 pm
- Tryout Date: @ DGS Dance Studio
  - Friday, May 4th – 4:15 Report Time
- Mandatory Meeting for the 2018-2019 Squad (*athlete and parent*) @ DGS Cafetorium
  - Sat. May 12<sup>th</sup> – 10:30 am
- **Camp Jeff @ Lake Geneva 6/13 – 6/15 (Varsity)**
- **Camp Jeff @ Niles North 7/13 – 7/15 (Junior Varsity)**

### **Information For Tryouts:**

\* Cheerleaders at DGS are athletes and will follow the Athletic Code guidelines. Cheerleading is a serious sport and is a large time commitment, so before trying out please make sure you are willing to put in the time and effort it takes to be part of an award winning program.

\*If you have any questions please feel free to contact the Head Coach Shannon Lahey-Bak at [slahey@csd99.org](mailto:slahey@csd99.org).

**\*Before you tryout all paperwork must be completed and submitted.**

**All athletes must register on 8 to 18 before clinics!**

**<https://dgs.8to18.com/accounts/login>**

### **Forms include:**

- 1) Copy of your recent physical form, from the 2017-2018 school year. **All athletes need an updated or valid Physical.** You **WILL NOT** be able to participate in tryouts if this is not turned in. Physicals are good for one calendar year. Athletes will be pulled from practice and performances if they have an expired physical. **It is best practice to have a physical that covers our entire season and tryouts on file (May – May)!** The forms can be found on line at our Athletic web site <http://www.athletics2000.com/dgs/> in the left hand margin. Please have this on hand the first day of tryouts.
- 2) Please have a recent copy of your report card/progress report to show your **Current** grades.
- 3) Completed DGS Cheerleader Application.
- 4) Completed DGS Cheerleader Fact Sheet.
- 5) Camp permission sheet signed by both athlete and parent.
- 6) DGS Cheerleader Agreement/Parent Permission Form.
- 7) A recent picture of athlete.

Papers should be turned in **NEATLY** and in the above order, with your photo on top. Please turn in forms in a folder or have them securely stapled or paper clipped. **HAVE YOUR NAME ON EVERY SHEET AND PICTURE!**

### **Tryout Information and Schedule:**

1. **Pre-Tryouts/Clinics:** will be held on **Tuesday, May 1st and Wednesday, May 2<sup>nd</sup>**. The clinics will be held at Downers Grove South High School in the Field House - **TIME: 6:00 – 8:45 pm**. During these times you will learn a cheer, dance, and jump sequence. Throughout the clinics coaches will be watching your performance and skill level. **CLINICS ARE CONSIDERED PART OF YOUR TRYOUT!** You will also have a chance to display your tumbling skills.
2. **FINAL TRYOUTS:** All athletes must report to the dance studio by 4:15pm. Final tryouts will begin at **4:30 pm** and will take place in the DANCE STUDIO. Additional “call backs” may be done after everyone has auditioned. **WE DO NOT KNOW WHEN YOU WILL BE FINISHED! PLAN TO STAY!**
  - A. You will tryout in groups of two. You will perform the cheer and the dance with your tryout partner. The chant and demonstration of jumps will be performed individually.
  - B. Tumbling evaluations will be scored during the clinic on Wednesday. You should perform your best skills.
  - C. You will be assigned a number that you will wear on the front of your shirt. Tryout numbers will be randomly drawn on the day of tryouts. **All athletes are responsible for their own number! They should be worn at all clinics and tryouts.**
  - D. Tryout clothing should be as follows:
    - No long pants or sweats; you **MUST** wear shorts. You **MUST** wear an athletic sports top or fitted T-Shirt. Clean socks and shoes can only add to your score. Hair should be neatly pulled back out of your face! (High ponytail with a cheer bow).

**NO JEWELRY ALLOWED!!!** We will ask you to remove all piercings! Covering piercings with band-aides is not acceptable.
3. You will be scored on the following:
  - **APPERANCE:** You will need to look cheer ready and have your hair neatly pulled back.

- **SPIRIT:** We are looking for athletes with positive attitudes and smiles on their faces. You will be judged on facial expressions, eye contact, enthusiasm, and smile.
- **CHEER/CHANT:** You will be judged on voice/projection, crowd effectiveness, motions, and leadership.
- **DANCE:** You will be judged on motion placement, sharpness, coordination, rhythm, showmanship, and technique.
- **JUMPS:** You will learn several jumps at the clinic. Each athlete will be asked to demonstrate the jumps individually during tryouts. You will be judged on motion placement, technique, jump approach and height of jump.
- **TUMBLING:** You will be judged on form, technique, cleanliness, and difficulty
  - *Requirements for JUNIOR VARSITY: You should be able to perform at least a standing flip-flop and/or a round-off flip flop.*
  - *Requirements for Co-Ed VARSITY: You should be able to perform at least a standing tuck and/or a round-off tuck.*

*\*\* Tumbling scores are factored in at the end of tryouts. Scores are subjective and are used mainly to determine level placement (Varsity/Junior Varsity). Non-Tumblers should not be discouraged. However, tumbling is a needed skill for competition season.*

- **OVERALL EFFECTIVNESS & POTENTIAL**
  - Appearance, Showmanship, Visual Appeal, General Appearance, Technique, Timing, Crowd Appeal, and Form.

#### 4. RESULTS

- **Final Results:** A Final Team Roster will be posted on Saturday, May 5<sup>th</sup> on the Cafeteria Doors after 9:00 am.
  - All questions regarding tryout results can be directed to Coach Lahey by email **after** Monday, May 6<sup>th</sup>.
5. Following the results, if you made the team please note that there is a **MANDATORY** meeting **Saturday, May 12th, 2017 at 10:30 am in the DGS Cafetorium**. A \$250 camp deposit is also due on this day. **All payments should be in a sealed envelope with your child's name on it! Checks should be made payable to DGS Cheerleading!**

Any questions, please contact Coach Shannon Lahey at [slahey@csd99.org](mailto:slahey@csd99.org).

## **DGS High School Cheerleading Guidelines and Information**

### **The Mustang Cheer Program's Vision is...**

- To assist participants in the development of athletic and leadership skills.
- To develop effective time management strategies.
- To develop socially through cooperation and appropriate standards of behavior.

### **The Mustang Cheer Program's Mission is to...**

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
- To encourage school spirit and pride at Downers Grove South High School.

### **The Mustang Cheer Program's Standards and Regulations...**

- Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Respect the integrity and judgment of all sports and competition officials.
- It is recognized that these standards are necessary to maintain team morale, team and individual discipline, and effective learning.

### **(1) EXAMPLE PRACTICE SCHEDULE**

- Summer Practices: Once or Twice a week from 3 to 5 hours, day(s) and Time TBA
- School Year Practices: Football Season (August – November)
  - o Varsity: Monday – Thursday from 3:30pm – 6:00pm
  - o Junior Varsity: 3 times a week from 3:30pm – 6:00pm
  - o Games every Friday and sometimes Saturday
- School Year Practices: Basketball Season (November – March)
  - o Varsity: Monday – Thursday 3:30pm – 6:00pm or 6:00pm – 8:30pm
  - o Junior Varsity: Monday – Thursday 3:30pm-6:00pm or 6:00pm – 8:30pm
  - o Games every Friday, sometimes Saturday, competition on Saturday or Sunday

### **(2) PERFORMANCES**

- All football games and basketball games
- Pep assemblies
- Competitions throughout the year

### **(3) ATTENDANCE**

Once selected for the team, you will receive a copy of the team rules. As with any team, practice time is valuable, and the entire team must be there to accomplish our goals. **THERE ARE NO EXCUSED ABSENCES.** Any absence will result in consequences. Missing practice because of work is unacceptable; also, do not schedule doctor's appointments during practice or game times. They will get a copy of the practice schedule in advance for the entire season.

**(4) GRADES**

Varsity and JV cheerleaders are required to maintain passing grades but are encouraged to achieve to their highest potential. If an athlete becomes academically ineligible, she will be removed from the team until her grades are brought back up. We are a No-Pass/No-Play policy. Athletes must be passing 5 classes, including P.E. each week. We encourage our athletes to take a minimum of 6 classes per semester.

**(5) COSTS** *(Please read carefully)*

There are a few incidental costs involved with being a JV or Varsity cheerleader:

Cheer Camp: \$300.00 - \$400.00 (approximate for Camp, Hotel, Food)

1 to 2 pairs of shoes: \$100 - \$200

Camp Wear: \$50

Team Backpack: \$50 *(optional)*

Body Crop: \$36 *(if needed)*

Warm-ups: \$150 - \$215

Weight Training/Conditioning: \$100 (TBD)

Misc. Cost: \$60 - \$100

**(6) Fundraising**

To help alleviate costs for the year, both athlete and parents are expected to participate in fundraising activities. Fundraisers include: car wash, Savers, and Kiddie Camp.

## Downers Grove South High School Cheerleading Application 2018

**STUDENT'S NAME:** \_\_\_\_\_

Year in School (please circle one): 8\*    9    10    11

If in 8<sup>th</sup> grade, list school you are attending: \_\_\_\_\_

**Please circle the following:**

For stunting are you a: MAIN BASE    SECONDARY BASE    FLYER    BACK SPOT

Are you a tumbler?    YES    NO

1. I am interested in being a team member for: (circle one)

- Football Season
- Basketball Season (Competitive Cheer)
- Both Seasons

2. If you do not make Varsity would you be willing to be on JV (Freshman – Junior)

Yes    No

3. Please list any cheer, gymnastics, pom, or dance experience you've had:

Studio, Club Gymnastics or Cheer, School, or Other:

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2. What extra-curricular activities/sports are you involved in (both school and/or outside)?

Would this activity/sport interfere with the practice/performance requirements of the DGS Varsity/JV cheer?

	Yes	No	Not Sure
	Yes	No	Not Sure
	Yes	No	Not Sure
	Yes	No	Not Sure





## DGS CHEERLEADER FACT SHEET

*Please print clearly! Please turn in to Coach Lahey the first day of Clinics*

Name:	School I.D. Number:
Address:	
City & Zip:	
Year in School (next year):	
Age:	Birthday (include year born):
Shirt Size: (YM-XL)	Pant Size: (YM-XL)
Shoe Size:	Short Size: (YM-XL)
Mother's First Name:	
Father's First Name:	
Parent's Last Name if different:	
Parent(s) Home Phone Number:	Parent(s) Cell Phone Number:
Athletes Home Phone Number:	Athletes E-Mail Address:
Athletes Cell Phone Number:	Parent(s) E-Mail Address:

**DGS CHEERLEADER AGREEMENT/PARENT  
PERMISSION FORM**

My parents and I have carefully read the DGS CHEERLEADING INFORMATION handout. I understand the contents and, if chosen as a member of the 2018– 2019 Downers Grove South cheerleading team, I will abide by the guidelines outlined. As a DGS Cheerleader, I will maintain a passing grade point average (preferably above), attend practices and performances (see attendance requirements), and demonstrate a positive attitude. Both athlete and parents are expected to participate in ALL fundraising activities, which include the team car wash and Savers no exceptions.

Athlete Print \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Parent/Guardian Print \_\_\_\_\_

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

Date \_\_\_\_\_

If I am not selected for the team, but have questions regarding my tryout performance, I agree to first contact the Coach by making an appointment to discuss any concerns. Only after I have spoken to the Coach may my parents contact the Athletic Director with any additional questions. (Please do not contact the Athletic Director or Principal before talking to the Coach. You will only be referred back to the coaching staff).

Athlete Print \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Parent/Guardian Print \_\_\_\_\_

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

Date \_\_\_\_\_

### SUMMER CAMP PERMISSION SLIP

Attending ACE Camp Jeff is MANDATORY for all Varsity/JV cheerleaders, even those on for only one season. It is an important component in creating a solid cheerleading team and program. This is a vital part of team building and helps prepare the athletes for the upcoming year. The dates for the summer camp will be June 13<sup>th</sup> – June 15<sup>th</sup> at Lake Geneva for VARSITY athletes. The dates for summer camp will be July 13 – July 15 at Niles North for JUNIOR VARSITY athletes.

Our past camp experiences have been filled with team bonding and some of the best stunting material in the state.

Participation in camp is expected from each member. If your son or daughter is not able to attend he or she may be placed in an alternate position.

\_\_\_\_\_ My athlete will be able to attend Summer Camp on June 13<sup>th</sup> – 15<sup>th</sup> if Chosen for the Varsity Squad.

\_\_\_\_\_ My athlete will be able to attend Summer Camp on July 13<sup>th</sup> – 15<sup>th</sup> if chosen for the Junior Varsity Squad.

\_\_\_\_\_ My athlete will not be able to attend camp and therefore he or she MAY be considered for an alternate position.

Name of athlete: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date