



2018 **AHS** 2019

Sideline

CHEER

TRYOUTS



2018-19 TRYOUT PACKET

Please read through the entire packet with a parent guardian before filling out. **Parents are required to attend the Mandatory Parent Meeting Wednesday, April 25, 2018 @ 6-8pm in the AHS Library for their students to participate in AHS Sideline Cheer's 5-Day Clinic & Tryouts for the 2018-19 Team. Complete Tryout packet due April 30th.**

GO DONS!

TRYOUT LOCATION

Acalanes High School, Small Gym
1200 Pleasant Hill Road
Lafayette, CA 94549

QUESTIONS & SCHEDULE ISSUES

Sallina Boynton
AHS Cheer Coordinator
sallinaboynton@gmail.com



MANDATORY PARENT MEETING

APR 25, 2018
 Wednesday 6-8:00pm,
 AHS Library

5-DAY CHEER CLINIC

APR 30 - MAY 4
 M-F 5:30-7:30pm,
 AHS Small Gym

VARSITY & JV TRYOUTS

MAY 5, 2018
 Saturday, By Times
 AHS Small Gym

PARENT MEETING ATTENDANCE + COMPLETED FORMS REQUIRED TO TRY OUT

WHAT SHOULD I BRING & WEAR TO TRYOUTS?

BRING WATER, REQUESTED FORMS AND AGREEMENTS + RECENT PHOTO
 Registration form, athlete questionnaire, medical waiver, parent & student agreement.

OUTFIT Wear a white t-shirt, (no writing on shirt) and black shorts.

HAIR Must be pulled back and secured in a high pony tail. NO bangs please. Ribbon may be worn in hair.

SAFETY & APPEARANCE NO jewelry may be worn. NO long or acrylic nails or nail polish. NO over-the-top make-up.

Spectators not allowed during Tryouts

MAKING THE 2018-19 TEAM

For final team only

OFFER ACCEPTANCE Upon receiving an email notifying you of being selected for the 2018-19 AHS Sideline Cheer JV or Varsity Team, you will need to reply with whether you accept your spot. Final team and their Parents/Guardians will be required to re-sign the agreements. After the roster is finalized, Team Training will start June 11-13, 18-20. Summer practice resumes July 16 on regular practice schedule. Cheer Camp at UC Santa Cruz is July 30-Aug 3, and highly recommended for strengthening skills, learning mechanics, getting a headstart on choreography.

SUMMER TRAINING CAMP

JULY 30 - AUGUST 3, 2018
 UC Santa Cruz: \$485

Deposit \$50 | \$435 Balance due before July 25.

ATHLETE TEAM CONTRIBUTION

\$285

Your contribution covers 2018-19 Sideline Cheer Coach stipends.

WHAT'S SIDELINE CHEER?

Sideline Cheer consists of cheering for another athletic team at a school site athletic event (Game, match, meet, etc.).

The 2018-19 team follows 2018 Fall Football & 2019 Winter Basketball schedules.

The team also represents AHS during school rallies & offsite events.

Note that unlike our Spring Competitive Sport Cheer Team, Sideline Cheer does NOT fall under CIF approved sports.

Sideline Cheer is a co-ed team. All genders welcome!



PARENT AGREEMENT

No one can be admitted into Tryout or Clinic unless this form has been completed. This form must be turned in to the Coach.

Parents REQUIRED to attend the Mandatory Parent Meeting Wednesday, April 25, 2018, 6-8pm in the AHS Library in order for their students to participate in AHS Sideline Cheer's 5-Day Clinic & Tryouts for the 2018-19 Team.

ATHLETE INFORMATION

FULL NAME: _____ BIRTH DATE: _____

PRIMARY ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CELL PHONE: _____ SCHOOL EMAIL: _____

BEST EMAIL FOR TEAM COMMUNICATION: _____

PARENT/GUARDIAN INFORMATION

PARENT/GUARDIAN 1 FULL NAME: _____

CELL PHONE: _____ EMAIL: _____

PARENT/GUARDIAN 2 FULL NAME: _____

CELL PHONE: _____ EMAIL: _____

TEAM FUNDING & EXPENSES (PLEASE INITIAL) | IT IS UNDERSTOOD THAT :

- Sideline Cheerleader 2018-19 costs will be approximately: \$1305 (New Uniform + Summer Training Camp).
- Summer Training Camp: \$485 to participate; \$50 deposit due immediately with remaining \$435 due before July 25, 2018.
- Uniform: \$545 New Uniform + \$275 Camp Clothes = \$820 due at May 11, 2018 uniform fitting w/final deadline 5/23.
- Sideline Cheer Coach Stipends: \$285 dues requested per athlete. Please make \$285 contribution by February 28, 2019 to the team's AHS ASB account to pay for our 2018-19 Sideline Cheer Coaches.
- In order to operate, the team relies on a combination of Team Contributions, Team Fundraising and Boosters fundraising; and, that AHS Boosters funding of the team is directly reflective of collective team effort.
- For financial challenges, the Athlete's Parent or Guardian will contact Cheer Coordinator or Athletic Director for options.

TRYOUT AGREEMENT: * TRYOUT PACKET FORMS & AGREEMENTS REQUIRED FOR PARTICIPATION *

My signature below indicates I have read and understand all information regarding try-out policies and procedures and agree to abide by all policies set forth by Acalanes High School and the AHS Cheer program. We understand that a financial obligation will be incurred if my child is selected as a AHS Sideline Cheer Team Member. If my child is selected as a member of the AHS Sideline Cheer Team, I am agreeing to meet all financial obligations; I agree to address any financial challenges with the Cheer Coordinator or Athletic Director. Acalanes Union High School District, Acalanes High School, and its employees, will not be held liable for injuries sustained during clinic days or tryouts.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

PARENT AGREEMENT
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AHS ATHLETE QUESTIONNAIRE

NAME: _____ CURRENT GRADE 8 9 10 11

LIST YOUR 2017-18 GPA TO DATE _____ 1ST SEM/QUAR: _____ 2ND SEM/QUAR: _____ CURRENT: _____

WHICH SQUAD ARE YOU TRYING OUT FOR? JV VARSITY (FRESHMEN ARE NOT ELIGIBLE FOR VARSITY)

WHY DO YOU WANT TO BE PART OF THE AHS SIDELINE CHEER TEAM?

LIST PREVIOUS CHEER, TUMBLING AND DANCE EXPERIENCE:

WHY SHOULD WE SELECT YOU?

LIST ANY SCHEDULING CONFLICTS YOU ARE AWARE OF:

DO YOU PLAN ON TRYING OUT FOR ANY OTHER FALL SPORT(S) IN ADDITION TO AHS CHEER?

YES NO

TRYOUT NOTES

TUMBLING & STUNT:

FORM:

OTHER:

TEAM ASSIGNMENT: JV VARSITY NOT SELECTED ACCEPTED YES NO DATE: / / 2018

ATHLETE QUESTIONNAIRE

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EVALUATION

FOR AHS CHEER COACH USE ONLY FOR AHS CHEER COACH USE ONLY FOR AHS CHEER COACH USE ONLY

ATHLETE QUESTIONNAIRE

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EVALUATION

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TRYOUT & CLINIC MEDICAL WAIVER

No one can be admitted into Tryout or Clinic unless this form has been completed. This form must accompany Tryout paperwork.

TRYOUT & CLINIC MEDICAL WAIVER

TRYOUT & CLINIC MEDICAL WAIVER

PARTICIPANT INFORMATION THIS FORM DOES NOT REQUIRE A PHYSICAL EXAMINATION

NAME: _____ BIRTH DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL: _____

EMAIL: _____

IN CASE OF EMERGENCY PLEASE CONTACT:

HOME PHONE: _____ CELL: _____

PHYSICIAN: _____ PHYSICIAN PHONE: _____

MEDICAL INFORMATION THIS FORM DOES NOT REQUIRE A PHYSICAL EXAMINATION

PLEASE LIST ALLERGIES: _____

PLEASE LIST ANY MEDICATION THE PARTICIPANT IS CURRENTLY TAKING: _____

PLEASE MAKE ANY NECESSARY COMMENTS CONCERNING PHYSICAL CONDITION, RESTRICTIONS, ETC: _____

INSURANCE INFORMATION THIS FORM DOES NOT REQUIRE A PHYSICAL EXAMINATION

NAME OF INSURANCE COMPANY: _____

NAME OF SUBSCRIBER: _____ POLICY #: _____

RELATIONSHIP TO PARTICIPANT: _____

PERMISSION TO PARTICIPATE & MEDICAL RELEASE

I, the undersigned parent/guardian, do hereby grant permission for my athlete to attend the Acalanes High School Sideline Cheer Tryouts. In order for my athlete to receive the necessary treatment in the event of an injury or illness, I hereby authorize AHS Cheer to obtain medical treatment for my athlete for such injury or illness during any event, and I hold Acalanes High School and their representatives harmless in the exercise of this authority. I further acknowledge, understand, and agree that in participating in this event there is possibility of injury or illness by my athlete's participation. I assume full financial responsibility for such treatment.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

TRYOUT & CLINIC MEDICAL WAIVER

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ATHLETE AGREEMENT

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2018-19 SEASON EXPECTATIONS

AHS Sideline Cheer is subjected to rules and regulations including and not limited to Practice, Game Day, School Attendance, GPA, Code of Conduct. Athletes & Parent/Guardians must also be committed to the team's practice and game schedule.

FALL FOOTBALL The team is divided into Junior Varsity & Varsity Squads with JV cheering on JV Football & Varsity cheering on Varsity Football. Each Squad will follow their respective Football team's league schedule. On occasion, the Squads may cheer together.

WINTER BASKETBALL | BLUE & WHITE Due to the concentrated Basketball schedule, Sideline Cheer Squads will be divided into 2 Squads by grade regardless of Varsity status: BLUE (Freshmen/Sophomores) + WHITE (Juniors/Seniors). Sideline Cheerleaders are expected to complete the entire duration of the 2019 Winter Basketball season (including playoff games); a Varsity Sideline Cheerleader's leaving prior to end of Basketball season will result in forfeiture of 2018-19 Sideline Cheer Varsity letter.

ATHLETE CODE OF CONDUCT

CONFLICT Communication with fellow cheerleaders, coaches, parents or anyone affiliated with the cheer program must be positive. This includes direct, phone or email communication as well as social media. You must keep open lines of communication with the Coaches. Any conflicts or concerns should first be addressed and resolved with coaches.

PARTICIPATION The athlete must attend and be on time to all Cheer events including: camps, rallies, and fundraisers. The athlete must adhere to the dress code for the 2018-19 Sideline Cheer Program.

ACADEMICS An athlete is a student first. AHS Athletes are expected to earn a minimum of 2.0 GPA.

SUSPENSION Please be aware, any transgressions during the season may result in suspension as determined by coaching staff and administration. This includes inappropriate, derogatory or incriminating social media. There is ZERO tolerance for underage/illegal substance usage; athletes found to be violating this code are subject to the school's intervention policies.

PHOTO & VIDEO RELEASE The Acalanes High School Cheer Team, in Lafayette, California, has my permission to use my or my athlete's photograph or video image publically to promote the team, Acalanes High School Cheer Program, Acalanes High School and the Acalanes Union School District. I understand that the images may be used in print publications, online publications, presentations, videos, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use. *Images will not be used for any other purposes or distributed to third parties.*

UNIFORM Articles of uniform deemed reusable for the following season are eligible for resale back to the team after completion of the 2018-2019 cheer season.

ATHLETE NAME:

DATE:

ATHLETE SIGNATURE:

DATE:

PARENT/GUARDIAN NAME:

DATE:

PARENT/GUARDIAN SIGNATURE:

DATE:

CONFIRMATION OF AGREEMENTS UPON ACCEPTANCE TO FINAL TEAM SELECTION

ATHLETE SIGNATURE:

DATE:

PARENT/GUARDIAN SIGNATURE:

DATE:

ATHLETE + PARENT AGREEMENTS

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