

2024-2025 TRACY HIGH CHEER TRYOUTS

ALL TRYOUT FORMS CAN BE DOWNLOADED FROM TRACYHIGHSPORTS.COM

ALL FORMS ARE DUE BY THURSDAY March 8th at 4:00pm

Please turn in all forms to CHEER DANCE TRYOUT IN ATTENDANCE OFFICE (located in the James Franco/ "A" building)

ATTENDANCE BOTH DAYS OF TRYOUT DATES IS EXPECTED!

CHEER MARCH 18-19TH

DANCE MARCH 20-21ST

THS Cafeteria 4:30-7:30 pm

RESULTS POSTED ON "A" BUILDING FRIDAY MARCH 22 by 4pm

WHAT TO WEAR...

Please wear workout- athletic attire to all practice dates. Attire **MUST** be a T-shirt or Tank-Top and shorts that are SOLID Green, Gold, Black, or White OR anything "TRACY HIGH." Please wear athletic shoes. Hair should be pulled back into a clean ponytail or bun with no bangs or fly-aways. NO JEWELRY or BODY PIERCINGS... NO TAPING OVER OR BANDAIDS. ABSOLUTELY NO: Jeans, long sleeved shirts, "short" shorts, pants, flip-flops, or boots. No Chewing Gum. **For try-outs, please apply the same standards for clothing, hair, shoes, and jewelry.**

DURING TRYOUT YOU WILL LEARN...

The graduating seniors will instruct participants in warm-ups, stretches, motion technique, jumps, 2 try-out dances, a try-out cheer, basic stunts, chants. All or some of this material will be your tryout material please focus on learning and practicing for your tryout.

EXPECTATIONS...

Participants should be ready for the physical requirements of the sport of cheer and or dance, both of which are very physical. Everyone should be actively participating and be on task. Participants should be able to accept constructive criticism and be respectful to their instructors and peers.

EVALUATIONS...

We will be evaluating participants on participation, enthusiasm, attitude, skill level, teamwork, effort, learning ability, spirit, technique, jumps, stunting, rhythm, knowledge, showmanship, etc.

We will also be considering the responses of participant's written material; looking at the content and quality of answers AND we will also be evaluating HEAVILY on teacher & coach evaluations.

REQUIRED PAPERWORK FOR TRYOUTS

Please download forms at TRACYHIGHSPORTS.COM

1. Tracy High Cheer/ Dance Try-Out Permission Slip – *MUST HAVE TO PARTICIPATE*
2. Tracy High School Athletic Release Form – *MUST HAVE TO PARTICIPATE*
3. Written Essay Requirement
4. Fine and Saturday School Hour Clearance Form
5. Teacher Evaluation -please have all write recommendations and e mail to Tracy.cheer.dance@gmail.com

Coach Contact Information

E-mail or text :

tracy.cheer.dance@gmail.com or TEXT Sheila Soares: 209-815-6187

Team members selected for the 2024-2025 SEASON SHOULD EXPECT...

- Intense summer practices and mandatory practice days in JUNE (Mon & Wed)
- An **OPTIONAL** 4-day, 3-night Summer Camp location Knotts Resort, Beaune Park, Ca July 9th-12th
- Summer, Fall, and Winter practice through February.
- Sideline cheering and halftime performances during all Football games and home Basketball games.
- Performances/ participation during school/ leadership/ community events including rallies and parades.

GENERAL CHEER TEAM EXPECTATIONS...

- Dedication, a positive attitude, a willingness to work with others, teamwork, strong work ethics, and sacrifices are required of each member if we are to have a successful year.
- You must remember that being a member of the Cheer or Dance Team is a service to school, peers, parents, and the community and you are expected to have **excellent conduct & character INSIDE AND OUTSIDE of school.**
- **This is your NUMBER ONE non-academic school activity; the Cheer and Dance Team requires an immense amount of time and CANNOT be placed secondary to any other activity, besides academics.**
- If you cannot or will not commit to the time and expectations, you may consider not trying out.
- You will be put into the public eye and are to represent Tracy High School in a positive manner and become a positive role model in the community.
- A general knowledge of football and basketball rules and gameplay is expected.

GENERAL RULES TO CONSIDER...

- There are a limited number of excused absences and tardies allowed during the season. **Frequent absences/tardiness will not be tolerated and will be strictly enforced. 2 excused absences summer, winter, fall.**
- Members have strict uniform dress codes.
- Team members must maintain a 2.0 GPA, less than 15 Saturday school hours. (See TUSD Athletic Handbook for more details)
- Games and performances are **MANDATORY.**
- Attendance in school is extremely important and mandatory on game day or events, Tardies game day result in ineligibility to participate in game or competition.
- Members must be students of the Tracy High School Student Body or have appropriate district transfers.
- There are certain expectations and conduct required at games, while cheering, and while off-duty.
- **"Drama" will NOT be tolerated...** Leave personal/ social problems outside of practices & performances.
- Social Media appropriateness is expected. Social media is part of character. Negative, age appropriation will not be allowed as we are leaders.
- Members must follow rules stated in the handbooks/ policies from the: 2024-2025 Tracy High School Cheer- Dance Team Handbook, the TUSD Athletic Handbook, SJAA, the CA Education Code, AACCA, and NFHS.
- If handbook rules are broken, there will be appropriate consequences, some including however not limited to conditioning, sitting out during games or performances, or removal from the team.
- No visible tattoos allowed, tattoo's must be covered.

PARENTS/ GUARDIANS...

To have a successful year, it is vital to have parent support and volunteers that can assist with event planning, fundraising, and transportation. It is also important to have good communication with your daughter/ son and with coaches. In order to make this program successful, a strong support system is essential, and we are fortunate to have a BOOSTER CLUB that assist in the planning and implementation of important events, please consider joining or helping the Boosters in their efforts to give us amazing season.

IMPORTANT DATES...

- **Uniforms:** Fittings April 3rd- NO PAYMENT for UNIFORM, optional THS spirit pack, warmups, accessories available
- **Lions All Star Game: Date TBA (in July)**
Summer Camp July 9th-12th Knotts Berry Resort- Buena Ca (we highly recommend attending as it is our foundation to our season. Optional cost to attend \$550. Includes meals during camp, lodging, instruction.

HOCO and HOOPLA

Please plan accordingly for Homecoming and Hoopla practice days, as we will practice Monday through Thursday the week PRIOR and WEEK OF. You must be able to attend all practices to be in performances.

Tracy High School Cheer & Dance Team 2024-2025

Parent-Guardian & Squad Member Handbook

Our Mission and GOALS:

- Develop TODAY'S LEADERS while we continue to strive for our Award-Winning teams!
- Promote Teamwork and precision!
- Promote school spirit on campus, at games, rallies, as well as other school events.
- Set a positive example for students, peers, youth, and members of the community.
- Strive for continual improvement and advancement of necessary Cheer or Dance (technique, jumps, spirit sharpness leaps, flexibility, turns etc.)
- Develop sportsmanship and character.
- Serve as a host for school activities and build positive relationships with visiting schools and organizations.
- Support our Tracy High Cheer-Dance Boosters in all efforts throughout the season.

Qualifications:

- Must maintain a **2.0 average and no more than 1 F (F must be approved with Athletic Director and placed on contract) for** the following grading periods:
 - o 2nd semester (4th Quarter) of the current school year (incoming freshmen are exempt.) If a member does not meet this requirement, they must attend summer school and/ or adult school to improve their academic record. Forms must be turned into the appropriate counselor to verify appropriate credit. Summer School fills fast so plan accordingly,
 - o 1st semester (2nd Quarter) of the 2024-2025 school year.
- If a member becomes ineligible, they may be placed on academic probation, please see section 1 of the Tracy Unified School District Athletic Handbook for more information.
- Members MUST be enrolled on: <https://www.familyid.com/organizations/tracy-high-school>.
- Must have a **CURRENT physical examination uploaded. REGISTRATION AND PHYSICALS DUE BY: JUNE 1ST Members will NOT be able to participate in practice until completed.**
- Must have **15 or fewer hours of Saturday school hours** throughout the season.
- *If a squad member becomes ineligible during the season (due to grades, Saturday school hours, misconduct, or school absences), they are still REQUIRED to attend **ALL Cheer and Dance Team related activities (in proper attire.) OR WILL BE CONSIDERED ABSENT.***
- Must be a **member of the Tracy High School student body** and live within Tracy High School residence boundaries or have appropriate inter-transfer requirement/ approvals.
- Must meet all **attendance requirements** as well as maintain excellent attendance in school.
- Must show evidence of the following **character descriptions and abilities**:
 - o TEAMWORK, not solos Maturity, Good sound judgment, Capability to work well with others, Acceptance of constructive criticism, & Excellent citizenship.... TEAMWORK

Dedication

- Dedication, a positive attitude, a willingness to work with others, a strong work ethic, and sacrifices are required of each member if we are to have a successful year.
- You must remember that being a member of the Cheer or Dance Team is a service to the school, peers, parents, and the community and you are expected to have excellent conduct and character **INSIDE and OUTSIDE of school.**
- This is your **NUMBER ONE non-Academic activity for both CHEER & Dance Team members and CAN NOT be placed SECONDARY to Other ACTIVITIES OTHER THAN ACADEMICS.**
- **The dedication and time for our team's growth is essential to maintain a TOP-RATED program.**
- Good attendance, to be on time, and to be prepared for all Team-related activities.
- To be properly dressed according to district and team dress codes.
- Be respectful to other members and coaches.
- **YOU** must inform your **coaches** with **PRIOR** notice of when you will be late or absent. (Prior notice is at least 24 hours or more)
- Inform parents of updates given by coaches.
- Check Tracy High 2024-2025 Cheer or Dance BAND app and other websites/ group pages for updates.

Members/ coaches/ parents/ guardians are expected to follow the guidelines stated by the following regulations:

Expectations of Parents/ Guardians

- Communicate any problems directly with coaches respectfully and in a timely and appropriate manner. Game Time is not an acceptable time! Please schedule a meeting with the Coaches 15 minutes prior to practice if needed.
- Make sure your child is picked-up/ dropped-off from Dance Team or Cheer Team related activities at appropriate times.
- Understand that only you or district approved drivers are allowed to drive members to/ from Dance and or Cheer related events this includes away games.
- Inform coach(s) of any health problems/ injuries that may affect your child's ability to practice or perform and inform coaches of member absences in a timely manner.
- Follow through with volunteered/ assigned tasks.
- **Make every attempt to schedule non-emergent medical/ dental or other appointments, and vacations without interference to Cheer and Dance Team related activities/ events.**
- If issues arise, communicate directly with coaches via phone or e-mail (not through social media) and be sure it is at an appropriate time and manner.
- Should you require to discuss manners with the coach, do so at a mutually agreed upon time, not during or after games.

Social Media Expectations

- Members should use social media appropriately. This is including but not limited to: Facebook, Instagram, Snap Chat, Twitter, X Etc. The consequences will be addressed and will be handled accordingly.
- Inappropriate activity may include vulgarity, age-inappropriate activities, bullying, harassment, slander, defamation, etc. OR anything seen by coaches as bringing "DRAMA" to the team.
- Posts or other activities deemed inappropriate will result in the appropriate consequence which may include suspension removal from the team. Severity may have additional consequences to be determined by the administration.

Attendance (Absences/ Tardiness)

- School Attendance on game days or before competitions.
 - o All Cheer and Dance Team members must attend school **ALL day on games days and can NOT be LATE (or on the last day of the week prior to a weekend competition or game.)** or member will be ineligible to perform at the game, competition, rallies etc. Absences due to doctor's appointments or funerals on a game day must have **PRIOR** approval with an Assistant Principal for a squad member to be considered eligible, usually 48 hours in advance.
- Practice Attendance
 - o Summer:
 - Team members will be excused for **2 days of practice** with PRIOR with notice to the Coach. Reasons for missing summer practices include (illness, death of immediate family members, pre-scheduled summer programs, or a pre-scheduled family vacation.) Vacation dates to be turned in at Uniform Fittings.
 - Summer Camp is scheduled for July 9th through July 12th please do NOT schedule vacations during this time. Summer Camp is a great experience for the teams, PLEASE try and attend it's fun and rewarding time with our teams by creating a strong bond and some of the **BEST MEMORIES from high school.**
 - If a squad member has already missed 2 days of practice for vacation and becomes ill, a doctor's note is required to excuse additional practice.
 - **If a member is absent for more than 2 days of practice during summer, it will result in sitting out during the first game of the season or more depending on number of days missed.**
 - o Fall, Winter, & Spring Practices
 - Members will be allowed **2** excused absences during the season.
 - **Doctor's note is required for a doctor's appointments and teacher's note is required for school related absences. PRIOR notice to coaches is required for it to be counted as an excused absence (24 hours or more).** Without prior notice, members will be unexcused. Failure to follow these guidelines will result in the following consequences:

- 1st offense will result in a verbal warning and sitting out of the subsequent game.
 - Each offense after may result in suspension or removal from the team (to be determined case by case.)
 - **If a member is gone during practice PRIOR to a game/ performance OR during major choreography learning/ reviewing/ reworking, they will be REMOVED from the routine that is to be performed (whether it be that week or for a future routine.)**
- Practice Tardiness
 - A tardy is given if the member is not ready or at practice by the scheduled start time. (Ready meaning game hair, proper clothes, and shoes on, no jewelry, etc.)
 - A member will be marked tardy if they come into the gym unready.
 - **If a member arrives to practice AFTER warm-ups have been completed (even as an excused tardy) they may be removed from/ not included in the routine.**
 - A tardy will only be excused with a teacher's or doctor's note **AND** PRIOR notice FROM MEMBER to Coaches.
 - The consequences for Tardies are as follows:
 - 1st offense will result in a verbal warning.
 - 2nd offense and will result in sitting out for 1 quarter during the subsequent game.
 - 3rd offense will result in sitting out entire game.
 - 4th offense will result in suspension or removal from the team.
 - Game Attendance
 - ALL GAMES ARE MADATORY,
 - The **only** excuse for missing a game is serious illness (with a doctor's note) or a family emergency. Vacations or other Events are **NOT** included.
 - **If a game is missed for an unexcused reason, the member will sit-out of the next game.**
 - Game Tardiness
 - Members must arrive one hour prior to game time unless otherwise instructed by coaches or captains. **If a member is tardy, they will sit out during the 1st quarter of the game and may be excluded in the half-time performance.**

Attire/ Uniforms

- Uniforms consist of: Shell, liner, skirt, or pants, bow and poms. Team members must bring **ALL** parts of their uniform to games and performances.
 - **Lettermen jackets or Tracy CHEER or Dance sweatshirts are the ONLY other articles of clothing that may be worn with the Tracy High uniform.**
 - NO T-SHIRTS are to be worn with uniforms (not even Tracy Dance or Cheer shirts)
 - **White tennis shoe (cheer) Black tennis shoe (Dance) ankle socks** should be worn with uniform (**other colored socks will be asked to be changed or removed**). If a member fails to comply, they will sit during a game or performance.
 - Liner must never be worn alone.
 - Uniforms MUST NOT be altered.
 - Uniform is to be worn ONLY to school related functions when directed by coaches.
 - Uniforms are to be worn on game days or appropriate Spirit Days.
 - Members must wear appropriate undergarments with uniforms (even when wearing liners). Miss colored bras or bra straps showing will result in sitting during game or performance.
 - Uniforms must be worn with no midriiffs showing and members may not "roll" skirts or warm-ups.
- FAILURE TO COMPLY WITH UNIFORM GUIDELINES MAY RESULT IN SITTING OUT OR REMOVAL FROM THE SQUAD**

- **NO JEWELRY during practice or games. NO TAPING OVER. Jewelry can include Rings, necklaces, bracelets, earrings (traditional or alternate), nose rings, belly rings, etc.) NO EXCEPTIONS, as this is a safety hazard... LEAVE YOUR JEWELRY AT HOME. MEMBERS WHO HAVE JEWELRY AT THE START OF PRACTICE OR GAMES WILL RESULT IN THE ENTIRE TEAM CONDITIONING PER INSTANCE,**
- Tattoos (permanent or temporary) must be always covered and non-visible while in uniform or member will sit during game or performances.

- Proper game hair should be worn during games.
 - o Game hair is to be described by coaches.
 - o Members must notify coaches of ANY MAJOR changes to hair (in cut or color). If the cut or color is distracting and unsafe, member will be asked to wear hair in a bun or possibly change coloring.
- During practice, hair should be pulled back away from face (no fly-aways).
- Members must not wear Cheer or Dance uniforms to school dances nor for Halloween. They should never be loaned out to other members. You are responsible for all your uniform pieces.
- **ONLY CURRENT TRACY HIGH SCHOOL CHEER OR DANCE TEAM MEMBERS ARE TO WEAR/ USE THE UNIFORM AND PRACTICE CLOTHES FOR THE 2024-2025 SEASON. (Including poms, bows, etc.)**

Game Expectations

- Be on time and game ready or tardy/ absence consequences will be taken into effect.
- Members for Dance, Home and Inner-City Football Games and Basketball Home-Inner City away games on the sidelines and during halftime for football season. During Basketball season we will sit sideline until halftime performance. Cheer will attend both Home and AWAY football games and Home Basketball games.
- Members must bring their own water to the games (not all locations have “snack bars”).
- On Duty Time will begin 10-15 minutes prior to kick-off. Members are to be prepared for the game at this time (bathroom, warmed-up, and half-time performance perfected). On duty time continues until the team breaks in huddle and is dismissed by coaches.
- Members must eat PRIOR to “on duty” time, no eating during half-time.
- Members are expected to perform at their highest level and are on duty until **AFTER** the coaches break squads for the evening.
- Socialization during games MUST and will be kept to a minimum while on duty.
- Members should not be on cell phones during game time.
- Members who are not putting their full effort into performing or that will not comply with directions will be asked to sit during the game.
- Members who are INELIGIBLE: are still required to attend all home games, be on time, be in UNIFORM, have GAME HAIR, must sit in stands with coaches, and should not eat or be on cell phone during game. Ineligible members cannot eat, sit with friends, or be on their phones during the game.

Competition Team

- To be discussed later as a possible option for the season.

Athletic Misconduct & Consequences

- Exhibition or conduct unbecoming of a Tracy High Cheer or Dance Team member will result in Athlete Misconduct consequences. This includes but is in no way limited to disregard to the requirement as stated in this handbook, as well as inappropriate behavior towards peers, staff, and/ or coaches. Consequences for athletic misconduct may include, but are not limited to the following:
 - o Verbal or written warning.
 - o Restricted performances or removal from a Dance Team related activity.
 - o Removal from the squad.
- Any member who quits or is removed from the team after the completion of try-outs will be deemed ineligible to try-out for the following season (unless coach approved circumstances apply.)

Fundraising is run by our Tracy Cheer-Dance Boosters. PARENTS GET INVOLVED!

FUNDRAISING BY ALL MEMBERS IS VITAL TO HAVING A SUCCESSFUL AND FUN SEASON!

- Fundraising efforts help to make for a successful season. Fundraising money will go to several expenses such as: UNIFORMS, Choreography, music, homecoming activities, parades, spirit supplies, equipment, end of the season banquet, team gifts, senior nights, senior gifts, pink items, etc.
- The Competition Team will be responsible for raising additional funds, to be discussed at the competition team meeting.

Expenses

- Uniforms will be provided by Tracy High School Athletics or Tracy High Cheer and Dance Boosters.

- Note: You have the right to purchase your own uniform if desired. Allowing the member to keep what has been personally purchased.
- Any optional Spirit Pack
- Optional expenses Summer Camp \$575.00 (NOT BOOSTER FUNDED) July 9th through July 12th, KNOTTS RESORT HOTEL, Buena Park, Ca travel expenses to and from will be the camper's responsibility.
- Included, new techniques, skills, teamwork, etc. Meals are provided while camp is in session along with KBF Twilight Pass for one evening in the park. Summer Camp not only plays a big part of our season as this lays a solid foundation for our team while working hard building teamwork.

Awards

- DANCE & CHEER- Eligible members will be awarded certificates and patches at the conclusion of the season.
- Block T's will be awarded to Upper Classmen (11th/ 12th grade) AND/ OR 2-year members who remain eligible on varsity, will receive their Varsity Letter at the conclusion of the second season.

IMPORTANT DATES:

Parent-member MANDATORY MEETING April 1st 5:30 pm THS Cafeteria: BRING SIGNED HANDBOOK AGREEMENT

Uniform Fittings: April 3rd 4:00 pm Cafeteria (location and date subject to change)

SUMMER CAMP - YES LET'S REPEAT! PLEASE PLAN ON ATTENDING!

July 9-12th

Location Knotts Resort –

7675 Crescent Ave

Buena Park, Ca

\$575

Due JUNE 15th payment to BOOSTERS

SPIRIT PACK- \$100 OPTIONAL- 2 shorts, 3 shirts and POMS

During Camp we will be taught technique, learn new material, make amazing memories, Spirit Night Rally, TEAM BONDING ...just to name a few bits of what we do at camp!!! It's always one of the members favorite memories!!

WE ARE SUPER EXCITED FOR THE SEASON!!

LET'S GO DOGS!

Tracy High School Cheer & Dance Team 2024-2025 Parent- Guardian and Squad Member Handbook Agreement

By signing this agreement, I agree that: I have read and understand the rules and regulations as stated in the Tracy High School Cheer or Dance Team 2024-2025 Parent Guardian/ Student and Squad Member Handbook. I will, in so far as I am able, assist in every way to see that these rules and regulations are followed. I agree to contact the Coaches for clarifications whenever I have a question, or concern. I understand that my daughter/ son must attend all expected meetings, practices, games, competitions, photo session, parades, and rallies. I give my permission for the above-named daughter/ son to travel on school-authorized transportation during the season. I understand by the very nature of the activity and understand there are risks involved. I also agree to hold harmless THS Coaches and or any Volunteers. I understand that Cheer and Dancing also carries a risk of physical injury. I understand these risks and will not hold TUSD, Tracy High School, any coaches, Approved Volunteers, or any of its personnel responsible in the case of an accident or injury at any time. I understand that the coaches and captains will provide additional information including but not limited to practice, clothing, games, and rallies. If a parent or athlete needs to discuss an opportunity it shall be done during a mutually scheduled meeting and not during or after games. NO Exceptions. I also agree that I will willingly accept my position given on the team and will apply to the best of my abilities. I also understand the obligations of dedication and time associated with Dance and Cheer and will place this team as number one priority for the season, second only to academics.

Parent/ Guardian Printed Name

Parent/ Guardian Signature

Date

Member Printed Name

Member Signature

Date

Member Birthdate: _____

Member Cell: _____ Grade Level for the 2024-2025 year: _____

Member E-mail: _____

Member Address: _____

Parent Guardian Cell: _____ E-mail: _____

Pre-Scheduled Vacation Dates: _____

**Please sign, complete information portion, and return to coach at Mandatory PARENT
AND MEMBER Meeting Date April 1st THS CAFATERIA 5:30 pm
Coach contact: Sheila Soares 209-815-6187 Tracy.cheer.dance@gmail.com**