

2020-2021 TRACY HIGH CHEER TRYOUTS

ALL TRYOUT FORMS CAN BE DOWNLOADED FROM TRACYHIGHSPORTS.COM

ALL FORMS ARE DUE BY Friday March 27th at 3:00pm

Please turn in all forms to the Cheer Box in the Career Center (Maria Arce) (located in the James Franco/ "A" building)

ATTENDANCE AT ALL TRYOUT DATES IS EXPECTED!

(Please let Coach Sheila or Coach Lauren know immediately if there are any scheduling conflicts)

Monday March 30th 5pm-8pm THS Cafeteria <i>Technique Review</i> <i>Learn Dance 1 & Cheer</i>	Tuesday March 31st 5pm-8pm THS Cafeteria <i>Learn Dance 2 & Chants</i> <i>Material Review</i>	Wednesday April 1st 9th: 4:15-5pm 10th - 5-6pm 11th&12th - 6-8pm THS Cafeteria TRY-OUTS
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PLEASE NOTE THAT CUTS MAY BE MAD AT ANY TIME DURING THE WEEK

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 white laced athletic shoes. Hair should be pulled back into a clean pony tail 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 on Wednesday please apply the same standards for clothing, hair, shoes, and jewelry.**

WHAT 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, and 3-5 chants.

EXPECTATIONS...

Participants should be ready for the physical requirements of the sport. 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 throughout the week on: participation, enthusiasm, attitude, skill level, effort, learning ability, spirit, technique, jumps, stunting, rhythm, knowledge, showmanship, etc.

We will also be taking into account 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 OR e-mail a request to: TRACY.CHEER.DANCE@GMAIL.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. Coach Advisor or Supervisor Evaluation Form
6. Teacher Evaluation Forms (3 half pages = 6 total)

Coach Contact Information

E-mail: tracy.cheer.dance@gmail.com Head Coach: Sheila Soares: 209-815-6187 Asst. Coach: Lauren: 209-914-3489

TRACY HIGH CHEERLEADERS OF THE 2020-2021 SEASON SHOULD EXPECT...

- Intense summer practices and mandatory practice dates.
- A 4-day, 3-night cheer camp at Great Wolf Lodge in Garden Grove, CA. (July 13th-16th).
- 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, 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 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 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.
- General knowledge of football and basketball rules and game-play 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.**
- Members have a strict practice and uniform dress codes.
- Team members must maintain a 2.0 GPA & NO F's AND < 15 Saturday school hours. (see TUSD Athletic Handbook for more details)
- Games and performances are MANDATORY.
- Attendance in school is extremely important, especially on game days and days before competitions.
- 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.
- Members must follow rules stated in the handbooks/ policies from the: 2020-2021 Tracy High School Cheer 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: conditioning, sitting out during games or performances, or removal from the team.

PARENTS/ GUARDIANS...

In order to have a successful year, it is vital to have parent support & 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!

IMPORTANT DATES...

- **Senior Cheerleaders Select Uniforms:** April 3rd
- **MANDATORY Parent Meeting:** Monday April 6th 6:30pm
- **MANDATORY Uniform Fitting:** Friday April 10th JV: 5:45pm Varsity: 6:45pm
- **Initial Uniform Payment:** End of April **Camp Payment:** Early to Mid May
- **Summer Practices:** June: 1, 3, 8, 10, 15, 17, 22, 24, 29 July: 1, 6, 7, 8, 27, 29, Aug: 3, 5, 12
- **Overnight Camp Dates:** July 13th – 16th **Choreography Dates:** TBA
- **Regular Season Practices:** Monday's and Wednesday (additional practices day may be added as needed)

FINANCES...

- **The initial uniform/ practice clothes payment of approximately \$650 will be paid online approx. 1 week after fittings**
- The Camp and Practice Clothes Payment of approximately \$525 will be due on May 8th.
- Bow/ Payment of \$60 Due June 5th
- There will be a backpack/ rain jacket payment due for new members at a later date of approximately \$30.00.
- Final uniform payment (approx. \$375) will be due at the end June (this payment is less for returners.)

FUNDRAISING...

Fundraising is an essential part of the season and is necessary in order to keep our program successful. Each member should raise approximately \$500 profit going towards the general cheer fund that pays for: choreography, music, spirit supplies, homecoming, banquet, equipment, senior nights, etc.