

# 2023-2024 TRACY HIGH CHEER/ DANCE TRYOUT PERMISSION SLIP

Please return this completed form to the Tracy High Cheer/ Dance Box in the career center  
This form is due by **Friday March 10th<sup>th</sup>** by **3:00pm**.

**PLEASE COMPLETE FORM & ATTACH A COPY OF YOUR 3<sup>rd</sup> QUARTER REPORT CARD**

9    10    11    12                      **CHEER    DANCE**

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Name of Candidate (please print clearly)                      Grade For 23-24 Season (Circle One)                      **TRYING OUT FOR (Circle ONE)**

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Candidate's Phone Number    Candidate's E-mail Address

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Parent/ Guardian's Phone Number    Parent/ Guardian's Email Address

Period	Class Name (subject)	Teacher's Name (no signature required)
1		
2		
3		
4		
5		
6		
0/ 7		

**PARTICIPANTS**

*I understand that as a member of the Tracy High School Cheer or Dance Team I am to conduct myself in a manner that shows spirit, and good sportsmanship at all times. I must maintain a 2.0 GPA and earn no F's on my report cards, as well as maintain 15 or fewer Saturday School Hours to be an eligible member. I understand and have carefully considered the rules and regulations that Tracy High School requires of spirit leaders/ cheer/ dance team members. I understand that the Cheer/ Dance Team is a major commitment of my non-academic time and cannot be placed secondary to any other non-academic activities. I will abide by these rules and regulations if I am selected to become a member of the Tracy High School Cheerleading or Dance Team.*

**PARENTS/ GUARDIANS**

*I have read and understand the rules and regulations as stated in the Tracy High Cheer/ Dance Team 2023-2024 Try-Out Packet and understand there are additional rules in the 2023-2024 Tracy High School Cheer/ Dance Team Handbook that will be reviewed and enforced if my daughter/ son is selected to be a member of the Cheer/ Dance Team. 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 Coach Sheila Soares and/or Lauren Ortega for clarifications whenever I have a question, comment, or concern. I understand that my daughter/ son must attend all expected meetings, practices, summer camps, games, competitions, photo sessions, parades, and rallies if they are selected to be on the team. I also understand the financial obligations required. I understand that my daughter/ son will be evaluated by Coaches Sheila Soares, Lauren Ortega, and/ or other coaches or judges during the try-out process and I agree to abide by the decision of the coaches. If selected to be a Cheer/ Dance Team member, my daughter/ son will have a completed physical form on file with the school. I understand by the very nature of the activity (cheerleading and dancing) carries a risk of physical injury; I understand these risks and will not hold Tracy High School, Coach Sheila Soares, Coach Lauren Ortega, or any of its personnel or volunteers responsible in the case of accident or injury at any time. I understand that Coaches Sheila Soares and Lauren Ortega will provide additional information including but not limited to uniforms, practice clothing, calendars, and game/ competition/ rally schedules, and agree to abide by any additional requirements if my son/ daughter is selected for the Team.*

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Candidate's Signature

Date

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Parent or Legal Guardian Signature

Date

**PLEASE COMPLETE & ATTACH A COPY OF YOUR 3<sup>rd</sup> QUARTER REPORT CARD!**

*Please return this form to the cheer/dance box in the THS Career Center (James Franco Building) by Friday April 5<sup>th</sup> 3:00pm*

**TRACY HIGH SCHOOL ATHLETIC RELEASE FORM**

**Athletes will not be allowed to practice or compete until this form is completed and on file with the Athletic Department**

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

**STREET ADDRESS:** \_\_\_\_\_ **CITY/ZIP:** \_\_\_\_\_

**Emergency Phones: Hm** \_\_\_\_\_ **Work** \_\_\_\_\_ **Cell** \_\_\_\_\_

**My student has my permission to participate in the following activity at Tracy High School during the 2018-19 school year (please indicate name of sport):**

**Fall Sport:** \_\_\_\_\_ **Winter Sport:** \_\_\_\_\_ **Spring Sport:** \_\_\_\_\_

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**PHYSICAL REQUIREMENT**

**I hereby certify that the above named student is physically fit to engage in sports.**

**Date** \_\_\_\_\_ **Physician's Signature** \_\_\_\_\_

\*\*\*\*\*

**INSURANCE REQUIREMENT**

Our personal health or group insurance is adequate to pay for and reimburse us for medical, dental, hospital and surgical expenses that may be incurred due to injuries that may result from participation in the activity. I will continue this medical coverage in force through the time of the activity. I will promptly notify the school in the event insurance coverage changes. (Various types of insurance may be purchased through the school including Tackle Football, School Time Insurance or Full Insurance. Forms are available in the Tracy High School Athletic Office).

**Name of personal insurance company** \_\_\_\_\_ **Policy or Group Number** \_\_\_\_\_

**Signature of Parent or Guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

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**CONSENT AUTHORIZATION**

I hereby authorize the Tracy Unified School District and its authorize representatives to obtain or provide reasonable medical and/or emergency treatment for my child if he/she becomes ill or injured while participating in the extra- curricular activity. I agree to release and hold harmless the District and its representatives from any and all liability resulting from such injury and/or treatment. (See California Education Code Sections 35330 and 49407. I understand that this authorization is given in advance of any required diagnosis, treatment, or hospital care and provides authority and power to the aforementioned agent(s) to give specific consent to any and all such diagnosis, treatment, or hospital care which a licensed physician or dentist may deem necessary. I understand that the Tracy Unified School District, its employees and its Board assume no liability of any nature in relation to the transportation or treatment of the said minor. I further understand that all costs of paramedic transportation, hospitalization, and any examination, X-ray, or treatment provided in relation to this authorization shall be my responsibility.

**SIGNATURE OF PARENT/GUARDIAN:** \_\_\_\_\_

**PRINT NAME (Parent/Guardian):** \_\_\_\_\_

# 2023-24 TRACY HIGH CHEER/ DANCE TRYOUTS

## WRITTEN REQUIREMENT

DUE BY MARCH 10<sup>TH</sup> by 3:00pm

**ALL participants are required to submit their written answers to the questions below. Please write approx. 1-2 paragraphs per question. Participants will be evaluated on quality and content of responses.**

### **New Members:**

Please answer the following on a separate piece of paper:

- Tell us a little about yourself. (You can include things such as: favorite activities, personality, any interesting details about yourself, etc.)
- Why do you want to be a member of the Tracy High School Cheer or Dance Team?
- What qualities do you have that will make you a good candidate to be on the team?
- CHEER: Besides “pumping” up the crowd, what do you feel the role of a cheerleader is?  
DANCE: Besides performing, what do you feel the role of a dancer is?
- Feel Free to include any other details that you would like to share with the coaches.

### **Returning Members:**

Please include the following details/ answers in your essay:

- What has being a Tracy High Cheerleader or Dancer meant to you and why do you want to continue to be a Tracy High Cheerleader/ Dancer?
- What is your most memorable moment while being on the Team?
- What qualities about yourself make you a good candidate to return to the team?
- What do you feel you can and will improve on if you are selected for next season? (This can be in relation to anything such as: personality, skills, attitude, etc.)
- Feel Free to include any other details that you would like to share with the coaches.

## **THIS IS A REQUIRED PORTION OF TRYOUTS**

**This must be turned in no later than FRIDAY March 10<sup>th</sup>. Please turn in with permission slip and release form.**

# 2023-2024 TRACY HIGH CHEER/ DANCE TRYOUTS

## Fine and Saturday School Hour Clearance Form for Try-Outs

**This form is due by Friday March 10<sup>th</sup> at 3:00pm**

*If **you are an incoming Freshmen** and your school does not have a bookkeeper, librarian, or personal authorizing Saturday School hours, please have the person responsible for clearing fines/ requirements for graduation complete this form.*

Student's Name:

Student's Current School:

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**Trying Out for (circle one):**

**CHEER**

**DANCE**

Student's Current Grade Level in School: 8 9 10 11

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1: **BOOKKEEPER:** Does this student owe any fines?

YES

NO

If yes, what fine(s) does this student owe?

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Bookkeeper's Name:

Phone Number:

---

Bookkeeper's Signature:

Date:

---

2: **LIBRARIAN:** Does this student owe any fines?

YES

NO

If yes, what fine(s) does this student owe?

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Librarian's Name:

Phone Number:

---

Librarian's Signature:

Date:

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3: **Saturday School Hours:** Does this student have any hours?

YES

NO

If yes, how many hours does this student have?

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Person of Authorization's Name:

Phone Number:

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Person of Authorization's Signature:

Date:

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If the student owes fines or hours, please give the student a list of fines/ hours owed. Once fines/hours have been cleared, please give the student a receipt or verification that they have been cleared.

The student may not be accepted to the Team until both this form and clearance of fines/ hours (if necessary) are received.

**It is the student's responsibility to show proof of fine/ Saturday School clearance prior to the conclusion of try-outs.**

Please contact Sheila Soares (209) 815-6187 or [tracyhighcheer@gmail.com](mailto:tracyhighcheer@gmail.com) should you have any questions or concerns. Thank you for your support!

# 2023-2024 TRACY HIGH CHEER/ DANCE TRYOUTS

## Coach, Advisor, or Supervisor Evaluation

**This form is due by Friday March 10<sup>th</sup> by 3:00pm**

Student's Name: \_\_\_\_\_

Student's Current School: \_\_\_\_\_

**Trying Out for (circle one):**    **CHEER**    **DANCE**

Grade in School:    8    9    10    11

The Coach/ Advisor/ Supervisor evaluation for each applicant gives an indication of motivation, leadership skills, and attitude. Your input will be a valuable asset toward the overall try-out score. Please rate this student in the following areas on a scale from 1-10.

**This information is confidential and will be viewed only by the advisors. Thank you for your support!**

1-Poor	2	3- Needs Improvement	4	5- Average	6	7	8-Above Average	9	10-Superior
Responsibility and Dependability									
1	2	3	4	5	6	7	8	9	10
Leadership									
1	2	3	4	5	6	7	8	9	10
Attitude Working With Fellow Students									
1	2	3	4	5	6	7	8	9	10
Attitude Working With Authority									
1	2	3	4	5	6	7	8	9	10
Positive Role Model									
1	2	3	4	5	6	7	8	9	10
Motivation									
1	2	3	4	5	6	7	8	9	10
Promptness and Preparedness									
1	2	3	4	5	6	7	8	9	10
Ability to Follow Rules									
1	2	3	4	5	6	7	8	9	10
Work Ethic									
1	2	3	4	5	6	7	8	9	10
Parental Support									
1	2	3	4	5	6	7	8	9	10

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Relationship to Applicant: \_\_\_\_\_

Years Known: \_\_\_\_\_

Coach/ Advisor/ Counselor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please return this form by **Friday March 10<sup>th</sup> by 3:00pm** to the Tracy High Cheer/ Dance Box in the Front Office in person or via inter-district transfer  
 Attn: Cheer/ Dance Advisor. Please put in a signed and sealed envelope to ensure confidentiality. Please contact coach:  
 Sheila Soares (209) 815-6187 or [tracyhighcheer@gmail.com](mailto:tracyhighcheer@gmail.com) if you have any questions, comments, or concerns. **Thank you**

# TRACY HIGH CHEER & DANCE 2023-24

Teacher Recommendation Form (Confidential, please return in sealed envelope)

**Please return to Sheila Soares or front office by March 10th**

1. Participant's Name: \_\_\_\_\_

Teachers Name/Class: \_\_\_\_\_ Current Grade in Class: \_\_\_\_\_

2. On a scale of 1-10 (10 being the best) would you recommend this person for the THS CHEER OR DANCE PROGRAM?

1      2      3      4      5      6      7      8      9      10

3. Does the participant work well with others? YES or NO

4. Would the participant be a good ambassador for THS? YES or NO

5. Does the participant stay on task? YES or NO

6. Does the participant follow instructions? YES or NO

7. Does the participant complete homework? YES or NO

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