

# 2021-2022 TRACY HIGH CHEER TRYOUTS

**ALL TRYOUT FORMS CAN BE DOWNLOADED FROM TRACYHIGHSPORTS.COM**

**ALL FORMS ARE DUE BY Friday May 7<sup>th</sup> at 3:00pm**

Please turn in all forms to the Cheer Box (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)*

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| <b>Monday May 17<sup>th</sup></b><br><b>5pm-8pm</b><br>THS Main Gym<br><i>Technique Review</i><br><i>Learn Dance 1 &amp; Cheer</i> | <b>Tuesday May 18<sup>th</sup></b><br><b>5pm-8pm</b><br>THS Main Gym<br><i>Learn Dance 2 &amp; Chants</i><br><i>Material Review</i> | <b>Wednesday May 19<sup>th</sup></b><br><b>9<sup>th</sup>: 4:15-5pm</b><br><b>10<sup>th</sup> - 5-6pm</b><br><b>11<sup>th</sup>&amp;12<sup>th</sup> - 6-8pm</b><br>THS Main Gym<br><b>TRY-OUTS</b> |
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**PLEASE NOTE THAT CUTS MAY BE MADE 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

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](mailto:tracy.cheer.dance@gmail.com) Head Coach: Sheila Soares: 209-815-6187

## TRACY HIGH CHEERLEADERS OF THE 2021-2022 SEASON SHOULD EXPECT...

- Intense summer practices and mandatory practice dates.
- A 4-day, 3-night cheer camp at Great Wolf Lodge in Manteca , CA. (July 24<sup>th</sup>-27<sup>th</sup>).
- 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: 2021-2022 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 however not limited to: conditioning, sitting out during games or performances, or removal from the team.
- No visible tattoos allowed nor allowed to be covered with bandages

### 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...

- **Uniforms:** New accessories for returners, prior year uniform will be used
- **Lions All Star Game: Date TBA (in July)**
- **MANDATORY Parent Meeting:** May 31, 2021 Location QUAD area THS 6:00 pm
- **MANDATORY Uniform Fitting: VIRTUAL - TBD**
- **Initial Uniform Payment:            Camp Payment: Est \$575**
- **Summer Practices:** June: 14,16,21,24,28,29, July:5,6,7,8,12,13,14,16,19,20,21,22 Aug: To be announced
- **Overnight Camp Dates:** July 24 through the 27th            **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 will be paid by June 4<sup>th</sup>**
- **New members Uniform payment due June 11<sup>th</sup> approx. \$550 ( check with graduating seniors for the possibility to purchase their uniform, COACHES will not facilitate these sales**
- The Camp and Practice Clothes Payment of approximately \$525 will be due June 4th.
- Bow/ Shoes Payment of \$140 Due June 18<sup>th</sup>
- There will be a Duffel Bag payment due members TBD order separately approximately \$30.00.
- Final uniform payment (approx. \$325) will be due at the end June (this payment is less for returners.)  
PINK Uniforms will be fundraised for and remain property of Tracy High and will be returned to the coaches as the conclusion of the season. If a member chooses to purchase their own it will remain with the athlete,

## **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.