

2016-2017 TRYOUTS
ROCK CREEK JUNIOR HIGH
Cheerleading



Junior High Cheerleading Tryouts!

Hello Ladies!

I am so excited to see that you are interested in trying out for the 2016-2017 Junior High Cheerleading squad. Here is some information for you about my expectations.

Tryouts:

- ★ Tryout clinics will be held **March 31st** and **April 1st** from 6:00-8:00 PM. You must attend **all** clinics in order to tryout. Please be early rather than on time. I will be starting at 6:00 PM; being late will affect your final score.
- ★ Tryouts will be held on **April 4th at 6 PM**. I will be announcing the '16-'17 team on our website an hour after tryouts have concluded.
 - <https://rockcreekjhcheer.wordpress.com/>
- ★ During clinics we will be reviewing motion techniques and jumps. We will be learning one cheer, two chants, and a dance routine. I will be posting the material to our website above after the first day of clinics.

Expectations:

- ★ During the season, we will have two practices and one to two games per week. All practices and games are MANDATORY. If you miss a game or practice, unexcused, there will be serious consequences. There is more information on this in the constitution.
- ★ I *do not* like drama and *will not* tolerate it. We are a team on the court/field, in practice, and at school. You will treat each other with respect.
- ★ Cheerleading is fun! And dangerous at times! I expect your full attention when stunting and tumbling. The last thing I want is for someone to get hurt.
- ★ Get excited because this is a going to be a great year and I cannot wait to meet you all!
- ★ ***All paperwork is due by March 23rd including: application, permission form, signed constitution, and ALL teacher and coach evaluations. Please staple application, permission form, and signed constitution.***

Practices:

- ★ This summer we will be having practice throughout the summer. A calendar will be sent out at a later date.
- ★ There will be two practices per week during the school year. Times will be determined at a later date.
- ★ Summer camp is REQUIRED. We will be determining the date of our home camp at our first team meeting.

The Four Seasons of a Cheerleader

This is just an outline to give each candidate an idea of how much commitment is required. The cheerleading season will begin immediately after tryouts. Each cheerleader's obligation for the year will not end until the tryout for the next year. Each cheerleader is expected to participate in ALL events! As you will see, CHEERLEADING IS A FULL YEAR COMMITMENT!

1. SPRING (March – May)
 - a. Tryouts- this will usually take place sometime in March or April and is the first activity of the new cheerleading year.
 - b. After school practice – This will begin the week after school concludes. Dates and times will be given after tryouts.
 - c. Fundraising – This will begin immediately to help pay for individual expenses and cheerleading organization expenses.
2. SUMMER (June – July)
 - a. Summer practices – These practices are used to prepare for the new year and prepare for summer camp.
 - b. Summer camp – Camp will last 2 days. This is an important time for the squad to bond and grow into a team. It is also an opportunity for us to learn new and proper cheerleading techniques.
3. FALL (August – October)
 - a. Football games
 - b. Practices
 - c. Pep Rallies
4. WINTER (November – February)
 - a. Football games
 - b. Basketball games
 - c. Pep Rallies
 - d. Practices

If you have any questions, please feel free to contact either of us by email at courtneyjune1@gmail.com or dtschlochtermeyer@bluevalley.net.

Sincerely,

Courtney June

Tisha Schlochtermeyer

Rock Creek Cheerleading Sponsors

2016-2017 Cheerleading Tryout Application

Please print CLEARLY

Name _____ '15-'16 Grade Level _____

Home Address _____

Home Phone # _____ Emergency Phone # _____

Student's Cell # _____ Parent Cell # _____

1. Are you allergic to any medications? Yes No

If so, please list: _____

2. Are you currently taking any medications? Yes No

If so, please list: _____

3. Are you currently being treated for any injuries? Yes No

If so, please list: _____

4. Are you currently or planning to participate as a member of any club, organization or team requiring extra practice time? Yes No

If so, please list: _____

5. List any honors you have received in school:

6. What are the dates that you will be out of town during the summer?

7. Please list any other obligations that may interfere with attending summer camp.

Tryout Permission Form

My child has my permission to try out for cheerleading at Rock Creek Junior/Senior High School. I understand that my child must attend the cheerleading clinics from March 31st and April 1st to learn the material needed for tryouts. I agree to not hold Rock Creek Junior/Senior High School or any of its personnel responsible in case of accident or injury at the clinics or tryouts. **I understand that this form must be completed and turned in by March 23rd or my child will not be allowed to try out. TRYOUTS will be held April 4th at 6:00 PM.**

I am aware that I am/my child is committing to cheering for the 2016-2017 season. I understand that my child will be evaluated by qualified judges at tryouts, and we agree to abide by the decision of the judges. I understand that part of my child's tryout score will be based on his/her GPA.

Please circle your child's CURRENT GPA

3.5-4.0

3.0-3.49

2.5-2.99

2.0-2.49

Below 2.0

Parent/Guardian Name (Please Print) _____

Parent/Guardian Signature _____

I am interested in being a cheerleader at Rock Creek Junior/Senior High School. I understand that which is stated above. If elected, I promise to abide by the rules and regulation set forth by the coach(s), athletic director, and principal of Rock Creek Junior/Senior High School. I promise to cooperate and follow the instructions of the cheerleading coach(s). I will attend all clinics on March 31st and April 1st from 6:00PM-8:00PM. **I will turn in three teacher evaluations and one coach evaluation, if you are a current cheer squad member, please return coaches evaluations to your cheer coach by March 23rd. If you do not have a previous coach please give to your physical education instructor.**

Squad I am trying out for is: ____JR High ____HS V

Student Signature _____ Date _____

By initialing the list below, I have acknowledged my commitment to cheerleading:

- _____ 1. I have read and signed the 2016-2017 Cheerleading Rules and Policies.
- _____ 2. I realize that the costs of being a member of the cheerleading team are my responsibility and will pay in full.
- _____ 3. I realize that I have the responsibility to do fundraisers to pay for cheerleader equipment and apparel that is not paid for by the school.
- _____ 4. I will pay for all cheerleading apparel, alterations, and equipment as agreed upon by the squad.

Cheerleading Parent Information

Please take this home for your parents' approval. It contains important information for all of you to review if you are considering trying out for the position of cheerleader at Rock Creek Junior High.

It is important for the student to be available on these dates. Permission must be obtained from the coach in advance if the student cannot fulfill this obligation.

Tryout Clinic: March 31st and April 1st from 6:00-8:00 PM

Tryouts: April 4th starting at 6:00 PM

First meeting: TBA

Uniform Sizing: Uniform sizing will be held during the second practice. Other sizing, such as warm-ups, under armor, etc. will be held shortly after.

Practice Sessions: A calendar for scheduled practice will be sent out after tryouts. There will be summer practices, dates and times TBA.

Summer Camp: We will be hosting a home camp through Elite Cheer. We will determine the dates that we will host this at the first team meeting.

Costs: We will be conducting fundraising events during the summer and throughout of the school year to help offset the costs of the items listed below. However, it is the responsibility of each cheerleader to pay the required amount when the payment is due. This will all be equivalent to around \$250. However, girls can fundraise enough money to cover most of the cost. Please keep in mind, this total is for **brand new members**. For returning members, the cost will be lower. The costs shown below are approximate.

Uniforms: The uniforms are provided by the school, however, if a uniform needs to be altered, this must be done at the cheerleader and parents' own cost.

Other Purchased Items: T-shirt, warm-up outfit, bows (3), shoes, camp costs, crop top, spandex.

Summer Camp: The cost is \$100. We will be organizing our own lunch, maybe potluck.

2015-2016 Mustang Junior High Cheerleading Constitution

I. Organization

- A. The purpose of the Junior High Cheerleaders is to:
 - 1. Create school spirit, pride and loyalty.
 - 2. Promote interest in school activities and perform at school games.
 - 3. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character.
 - 4. Teach teamwork and pride in a quality performance through the maintaining of high standards.
 - 5. Develop lifetime leadership skills.
 - 6. Display a sense of good sportsmanship and seek to promote unification of the crowd's involvement during athletic events.
- B. A coach will be hired by the USD 323 Board of Education upon recommendation of the Principal.
 - 1. The coach will be responsible for the running and activities of the Junior High Cheerleading team.
 - 2. The coach will be responsible for administering all disciplinary procedures.
 - 3. The coach may place certain restrictions on team members.
 - 4. The coach will make any exceptions to the rules stated in this constitution with concurrence of the Athletic Director and/or Principal of RCJH. This constitution is designed to be a guide for the Rock Creek Junior High Cheerleading Squad. Good judgment and common sense will be used when situations not covered in this constitution arise.
 - 5. The coach will be present at all practices, the cheerleaders are not to practice on their own. This is a KSHSAA rule.

II. Eligibility

- A. Each member must maintain eligibility status as per our school requirement. Students with a failing grade shall be ineligible to practice or perform.
- B. A cheerleader who is academically ineligible three times will result in removal from the squad.
- C. Each member must submit a signed copy of the Cheer Constitution, Parental Consent/Medical Release form to the cheer coach and a recent physical exam must be on file with the school nurse before the annual tryouts take place.
- D. Excessive detentions or tardiness in school will result in removal from the team.
- E. Each member must adhere to student policies of the Rock Creek School District and Kansas State High School Activities Association.

III. Attendance

- A. All members must attend each activity in its entirety. Consequences will be assigned for missed practices/performances.
 - 1. Work and vacations are not considered excuses for missing any activity.
- B. All students who participate in school activities must be in regular full day attendance at school the day the activity is scheduled.
 - 1. A full day attendance is from the beginning of the first block and remaining until the close of the last block of classes. The exception to this is consent from the athletic director and principal.
 - 2. Students are also required to be in attendance at school the day after performances. Cheerleading does require a lot of time which can make the cheerleaders tired.

However, school is always the first priority of the students and the cheerleaders should not use "being tired" as an excuse to miss school.

3. To obtain an excused absence from a practice, a cheerleader **MUST** call or text the coach **PRIOR** to the absence.
 - a) This phone call and all phone calls or text messages to the coach must be made before 10 P.M the night before.
 - b) If the coach cannot be reached, please leave a voicemail. The missing member should do the notifying, but a notification will be accepted from a parent or guardian.
- C. To participate in practice, a student must attend a full day of attendance at school.
- D. If a member is ill and misses ANY activity, she must be at HOME or seeking medical appointments.
 1. All doctor's appointments, etc. should be scheduled so they do not interfere with team activities.
 2. A doctor's note is required if there is a scheduled appointment that day.
- E. If a member misses ANY practice, she will automatically be removed for that particular performance if the coach feels it is necessary for the performance.
- F. A cheerleader who fails to attend practice then attends school or fails to attend school but attends practices will be counted as unexcused.
- G. A cheerleader will be counted as tardy if they arrive late, within 30 minutes of the start of practice.
- H. A cheerleader will be counted as absent if they arrive after 30 minutes of the start of practice.
- I. Cheerleaders who have not mastered the cheers to be used at an event may be required to miss a performance, as determined by the coach.
- J. In the case of inclement weather and a game has to be rescheduled, every effort must be made by the cheerleader to reschedule any outside commitments she may have. The cheerleader will be excused from the rescheduled event if she has made all efforts to reschedule and has made arrangements with the coach. It will be an unexcused absence if the cheerleader fails to follow the specified guidelines.
- K. No outside sports will take precedence over cheer practices, games or fundraising events. Only school sponsored activities or sports can be proposed as a valid reason for missing these events.

IV. Misconduct

- A. Any misconduct, on or off the field/court, will result in the following actions:

1st Offense - Suspended from the team for one week (includes practices and games).
Your parents will be involved.
2nd Offense - Removal from the team.

Misconduct includes all, but not limited to, the following:

- | | |
|-------------------------|--------------------------|
| *deceitful behavior | *violation of team rules |
| *inappropriate behavior | *law violations |

V. Profanity

- A. **Profanity will not be tolerated on or off the field/court.** This includes practice sessions, bus rides, games, tournaments, or anywhere the squad participates. This will result in immediate disciplinary action.

1st Offense - Warning

2nd Offense - One Day Suspension

VI. Uniform

- A. All uniforms will be provided through the school district and will remain the property of the school district.
 - 1. The uniform provided by the school district is to be returned to the school district at the end of the cheerleader's term of participation. If the uniform is not in proper condition upon return or the uniform is not returned at the end of the cheerleader's term of participation then the uniform cost will be charged to the student's athletic account.
 - 2. Each member will be required to have all uniforms cleaned and in good condition before the end of the season.
- B. Each member will be required to maintain good condition and cleanliness of her uniform on a weekly basis.
- C. Footwear and accessories such as makeup, bloomers, ribbons, etc. will be purchased by each member.
- D. No glitter or jewelry may be worn by the cheerleaders. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation in compliance to KSHSAA guidelines.
 - 1. No glitter includes, but is not limited to, eye makeup, lotions, spray glitter, etc.
 - 2. The appropriate length for nails means nails are not visible beyond the end of the fingers when viewed from palm side of the hands.
 - 3. No jewelry includes all piercings: tongue, belly, ears, nose, etc.
- E. All cheerleaders must be "ready" at the time scheduled for practices and performances. This means in the scheduled uniform on performance dates or in practice uniform at the scheduled time, all jewelry removed, no bra straps showing, hair up and off the shoulders. In the event of traveling to and from events, the cheerleaders must be "ready" upon departure from the Junior High.
 - 1. Failure to do so will result in the following consequences:
 - a) First offense: warning
 - b) Second offense: email to parents
 - c) Third offense: consequence at practice
 - d) Fourth offense: benched one quarter of next game
 - e) Fifth offense: benched for one game
 - f) Sixth offense: meeting with guardians and member
- F. Cheerleaders will wear all designated parts of the uniform chosen for a particular event, or they will not be allowed to cheer at the event. This includes poms.

VII. Character

- A. Team members should be leaders within the school and community. All members shall set good examples at all times.
- B. Team members should be above reproach maintaining good habits that cannot be criticized.
 - 1. Each member must abide by those standards set by the RCJH student handbook.
 - 2. A member must be courteous and friendly to all team members, as well as the student body and visitors.
- C. A member must be respectful to the coach, staff, faculty, and administrators at all times and a credit to the school.
- D. Take criticism in a constructive way without excuses or sulking. The criticism is to improve you as a cheerleader; it is not a criticism of you as a person.

VIII. Training/Injuries

- A. Cheerleaders are required to have a KSHSAA physical completed before the first day of practice.

- B. Report all injuries to the coach. No injury is too small. Do not attempt to treat the injury yourself.
- C. If you must sit out because of an injury, you will be required to have a note from a doctor, trainer, or physical therapist advising the coach of the nature of the injury and the limitations and therapy required.

IX. Team Members and Captains

- A. The team will consist of up to 8 team members.
- B. A captain may be chosen by the coach from members of the squad. A captain will be chosen based on leadership capabilities.
- C. The coach may decide that, in the best interest of the squad, that no one individual will be named captain.
- D. Members will participate in all performances, contests and other events that the squad is scheduled to participate in. Members need to be available at these times (including possible weekends). The coach will make the members aware of these dates.
- E. If not performing, the member must attend the performance in uniform and be seated next to the coach. Failure to do so will result in a demerit.

X. Chain of Command

- A. If you have a question or a concern about your son/daughter, please contact the coaches either before or after school and not immediately after or during an activity.
- B. The proper chain of command is as follows:
 - 3) Cheerleader
 - 2) Head Coach
 - 1) Athletic Director

Please try to resolve all incidents at the lowest possible level before going up the ladder.

XI. Camp

- A. All members are required to attend summer camp.
 - 1. Transportation will be provided for the campers.
 - 2. The cost for camp will be paid by the cheerleaders. This amount will be set by the camp to include instruction, room and board. The campers will stay overnight if necessary for the camp's duration.
 - 3. Behavior at camp will be closely monitored by the coach and instructors. At no time shall the cheerleaders act in a manner that is unbecoming of the cheer squad or school.
 - a) All squad members will abide by the rules set forth by the camp and will be followed. These rules include following the curfew set by the camp.
 - b) Failure to follow the rules of this constitution, rules of Rock Creek Junior High, including the drug and alcohol policy, or rules of the camp may result in consequences, sent home early from camp, and suspension or dismissal from the squad.

XII. Fund Raising

- A. All team members should participate equally in fund raising activities. Should a member fail to do her share of fund raising, she will be required to use out of pocket expenses for items purchased through fundraising. (i.e. camp, extra clothing, shoes, etc.)

XIII. Transportation

- A. In most cases the cheerleaders will ride to and from an event with the squad/coach. If a parent chooses to drive their student home, they must sign out the cheerleader with the coach before leaving the event. Failure to do so will result in the cheerleader receiving consequences given by the coach.

- B. Transportation will be provided for the squad to and from away games and summer camp and away games.
- C. The cheerleaders are responsible for timely transportation to the Junior High in order to meet and leave on time as a squad.
- D. Be on time or you will be left behind!

XIV. The coach will make any exceptions to the rules stated in this constitution with the concurrence of the Athletic Director and/or Principal of RCJSH. This constitution is designed to be a guide for the Rock Creek Junior High Cheerleading Squad. Good judgment and common sense will be used when situations not covered in this constitution arise.

XI. Members and parents or legal guardians must sign the signature page to indicate they have thoroughly read the rules and regulations and understand the consequences of squad members' actions as they apply here to and return to Coach June or Coach Schlochtermeyer by March 23, 2016.

Please detach and return to head cheerleading coach.

Having read the Rock Creek Junior High Cheerleading Squad constitution thoroughly and understanding that being named to the RCJH cheerleading squad involves a commitment to fulfill responsibilities for the entire cheerleading season, I accept the responsibility and do hereby agree to follow all school and RCJH cheer constitution rules and regulations as set forth in this constitution.

CHEERLEADER _____ Date: _____

Having read the RCJH cheer constitution thoroughly, I will support the school, coach and squad to do my part in helping to see that all rules and regulations are followed.

PARENT/GUARDIAN _____ Date: _____

Detach this signed page and return to Coach June or Coach Schlochtermeyer by the March 23, 2016 deadline. Please keep the Cheer Constitution in a safe place where both cheerleader and parents can reference important information. Additional copies can be made available by request.

Teacher Evaluation for JH Cheerleading Tryouts

Please complete the following form as soon as possible, so that we will have time to tally prior to the tryout date. Teacher evaluations will be averaged together to count for a portion of each candidate's score. Only those teachers who taught the candidate the first semester will participate in the evaluation process. Therefore, it is very important to give the student an honest rating based on your knowledge of that individual student.

Please complete this form and return it to the cheerleading box by March 23rd. It is very important that you rate the student according to how YOU feel the student does in YOUR class or classes. Please be realistic as well as fair. These evaluations will NOT be shared with the student. They will be confidential and tallied by the advisor.

Thank you for your time and cooperation. If you have any questions, please feel free to contact either of us by email at courtneyjune1@gmail.com or dtschlochtermeyer@bluevalley.net.

Sincerely,

Courtney June

Tisha Schlochtermeyer

Rock Creek Cheerleading Sponsors

Name of Applicant _____

Class(es) Taught _____

Approx. Grade _____

Did this student ever need to be disciplined by you, and if so, what was the offense? _____

On a scale of 1 to 5, please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher _____

Date: ___/___/___

School _____

Thank you for your help and cooperation!

Teacher Evaluation for JH Cheerleading Tryouts

Please complete the following form as soon as possible, so that we will have time to tally prior to the tryout date. Teacher evaluations will be averaged together to count for a portion of each candidate's score. Only those teachers who taught the candidate the first semester will participate in the evaluation process. Therefore, it is very important to give the student an honest rating based on your knowledge of that individual student.

Please complete this form and return it to the cheerleading box by March 23rd. It is very important that you rate the student according to how YOU feel the student does in YOUR class or classes. Please be realistic as well as fair. These evaluations will NOT be shared with the student. They will be confidential and tallied by the advisor.

Thank you for your time and cooperation. If you have any questions, please feel free to contact either of us by email at courtneyjune1@gmail.com or dtschlochtermeyer@bluevalley.net.

Sincerely,

Courtney June

Tisha Schlochtermeyer

Rock Creek Cheerleading Sponsors

Name of Applicant _____

Class(es) Taught _____

Approx. Grade _____

Did this student ever need to be disciplined by you, and if so, what was the offense? _____

On a scale of 1 to 5, please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher _____

Date: ___/___/___

School _____

Thank you for your help and cooperation!

Teacher Evaluation for JH Cheerleading Tryouts

Please complete the following form as soon as possible, so that we will have time to tally prior to the tryout date. Teacher evaluations will be averaged together to count for a portion of each candidate's score. Only those teachers who taught the candidate the first semester will participate in the evaluation process. Therefore, it is very important to give the student an honest rating based on your knowledge of that individual student.

Please complete this form and return it to the cheerleading box by March 23rd. It is very important that you rate the student according to how YOU feel the student does in YOUR class or classes. Please be realistic as well as fair. These evaluations will NOT be shared with the student. They will be confidential and tallied by the advisor.

Thank you for your time and cooperation. If you have any questions, please feel free to contact either of us by email at courtneyjune1@gmail.com or dtschlochtermeyer@bluevalley.net.

Sincerely,

Courtney June

Tisha Schlochtermeyer

Rock Creek Cheerleading Sponsors

Name of Applicant _____

Class(es) Taught _____

Approx. Grade _____

Did this student ever need to be disciplined by you, and if so, what was the offense? _____

On a scale of 1 to 5, please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher _____

Date: ___/___/___

School _____

Thank you for your help and cooperation!

Coach Evaluation for JH Cheerleading Tryouts

Please complete the following form as soon as possible, so that we will have time to tally prior to the tryout date. Coach evaluations will be averaged together with teacher evaluations to count for a portion of each candidate's score. Only those coaches who have worked with the candidate in the last 6 months will participate in the evaluation process. Therefore, it is very important to give the student an honest rating based on your knowledge of that individual student.

Please complete this form and return it to the cheerleading box by March 23rd. It is very important that you rate the student according to how YOU feel the student does in YOUR class or classes. Please be realistic as well as fair. These evaluations will NOT be shared with the student. They will be confidential and tallied by the advisor.

Thank you for your time and cooperation. If you have any questions, please feel free to contact either of us by email at courtneyjune1@gmail.com or dtschlochtermeyer@bluevalley.net.

Sincerely,

Courtney June

Tisha Schlochtermeyer

Rock Creek Cheerleading Sponsors

Name of Applicant _____

Sport/Activity _____

Did this student ever need to be disciplined by you, and if so, what was the offense? _____

Any Comments: _____

On a scale of 1 to 5, please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of Coach _____

Date: ___/___/___

Thank you for your help and cooperation!