



2022-2023

Handbook and Tryout Information

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This handbook is a living document. If an incident should arise that is not specifically addressed in this document, the coach and/or school and district administration will address the incident on an individual basis. South Hills High School Cheerleading Program reserves the right to revise this handbook.

STATEMENT

Participation in the South Hills High School Cheerleading program is a privilege, which carries with it varying degrees of honor, responsibility, and sacrifice. Those who choose to participate will be expected to follow all rules and regulations established by South Hills High School, Covina Valley Unified School District, the administration, and coaches.

MISSION

The mission of South Hills High School Cheerleading is to promote and develop school spirit and sportsmanship among students, parents, and the community. The cheerleading squads shall provide support to all campus athletic, academic, and school programs. Students selected to be members will learn the values of teamwork, pride and loyalty through quality performance while maintaining high standards of ethics and integrity.

PURPOSE

The mission statement of the South Hills High School Cheerleading Program is to:

1. Create school spirit, tradition, pride, and loyalty opportunities.
2. Promote interest in school activities and perform at school games and events.
3. Develop responsibility, teach self-respect, encourage honest effort, and develop character.
4. Teach teamwork and pride in a quality performance by maintaining high standards

SQUAD ASSIGNMENTS FOR 2022-2023 SCHOOL YEAR

High School cheer membership consists of the following people:

- 2 teams: Junior Varsity, and Varsity
- Junior Varsity members may be Freshman, Sophomore or Juniors.
- Varsity members may be Freshman with tumbling skills minimum requirement "Running Back handspring" Sophomores Junior, or Seniors.
- Cheerleader openings that occur after the official tryouts may be filled by the coaches.

COMMITMENT

Members of the cheer program will follow ALL guidelines in this handbook. Cheer members will serve from the day of selection through the last day of school the following academic year.

- Cheerleaders represent South Hills High School at all times.
- Cheerleading is a year-round commitment that requires devotion of time and effort (see attendance guidelines in this handbook). It is an honor that requires commitment, hard work and dedication.
- High School Cheer commitments should come before other obligations such as jobs, driver education, outside cheer teams, etc.
- Outside commitments will not be considered a reason to miss cheer events. Absences related to outside commitments may result in dismissal of the cheerleading program.
- Each member is required to be enrolled in the spirit class. Classes will consist of, but not be limited to, conditioning, preparation for events, tumbling, jumps, and stunting. Physical conditioning may include, but is not limited to, running, weight training, push-ups, etc.
- Coaches may require supplies for cheer class including, but not limited to, first aid kit supplies, kt tape, markers, poster board, streamers, tape, etc. With the success of our sports teams, additional supplies may be required.

SAFETY

- Because of the increased athleticism of today's cheerleaders and the complexity of some stunts performed, there is a risk, as in any athletic endeavor, of serious injury.
- All participants must follow current CVUSD & CIF-SS guidelines pertaining to physicals www.athleticclearance.com
- All participants must be trained and qualified for proper landing and spotting techniques before they are allowed to stunt.
- All participants must go through proper stunt progressions.
- Stunt groups will be made by coaches. Changes cannot be made without coaches' consent.
- No tumbling or building of stunts is permitted unless a cheer coach is present.
- No horseplay, laughing or general socializing will be permitted during any stunt/practice session.
- Absolutely no jewelry will be worn during practices, games, or events, including body piercing.
- Natural nails shall be kept short and square. Nail polish shall not be worn for performances, games, or competitions. Cheerleaders not abiding by this policy will sit out the game/event, for safety reasons.

DUTIES AND RESPONSIBILITIES

LEADERSHIP

- Cheerleaders always represent South Hills High School. Cheerleaders must act as role models and leaders at school and in the community.
- Cheerleaders will demonstrate good sportsmanship; promote school spirit and display genuine concern for others.
- Cheerleaders must be energetic and involved in the event they are cheering/performing at.

ACADEMICS

- To be eligible to participate, Cheerleading program members must maintain a 2.0 GPA with a minimum of five (5) classes to participate in any Cheer Program activities/events. (Seniors, please submit your schedule for exceptions).
- Cheerleaders who are ineligible will be required to attend all practices and performances.
- Any cheerleader who becomes ineligible will not be allowed to perform or travel with the team for the term of the ineligibility.
- Any cheerleader who has been ineligible for any two grading periods during the school year may be dismissed from the program.
- A student enrolled in SHHS Cheerleading program will earn credits in physical education. All cheer members must be enrolled in the campus spirit program.
- Cheerleaders who are ineligible may not wear their uniform/camp wear, or be on the field/court during games, and are not required to attend games/events, but are required to suit out for class and attend all practices.

ATTENDANCE AND REQUIREMENTS

- All practices are MANDATORY. Please avoid making it difficult for your teammates and your coaches by not being at practice.
- Summer Training will begin in **late May. A Schedule will be released in Mid-May.**
- Athletes will condition with our Athletic Trainer during the summer, weight training information will be provided after announcement of 22-23 Cheerleading Squads.
- Regular practice will take place before or after school Monday – Friday pending coaches' availability. Practices may vary, and are subject to change.
- Excused absences include but are not limited to illness with a doctor's note, death in the family, school approved activities and High School academic classes. All absences other than an emergency must be communicated 24 hours in advance to coach via absence form on google form. **South Hills High School Cheerleading follows COVID-19 policy/procedures provided by CVUSD.**
- All cheerleaders must attend scheduled practices (including those in the summer) and all assigned games and events.
- Cheerleaders must be enrolled in the Spirit Program for the entire year. Any cheerleader dropping from cheer class will no longer be considered part of the cheer squad.
- Absences for work, driver's education, sweet 16, and practices/meetings with organizations, groups, or teams outside of school will result in points deducted on their grade for the event missed. A 24-hour google form notice must be completed (not text or oral notification) must be given to the coach prior to missing an event marked on the calendar.

- Absences for school activities/organizations must be submitted by email 24 hours to coaches PRIOR to the scheduled absence to avoid schedule conflicts.
- Camps: ALL cheerleaders are required to attend **USA SHOWTIME CAMP at Hyatt Regency Indian Wells on August 1 – August 4.**
- If the coach or administration chooses other activities or opportunities, the coach/administrator shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible (Ex: Feeder School events, Media signings, etc.)
- Cheerleaders who are injured and unable to cheer or perform are still required to suit out for practices and games. They must have a note from the parent or a doctor's note excusing them. A parent note will be accepted for one day only. Follow up with the school trainers is mandatory for any injury and the cheerleader will not be allowed to return until a school trainer releases them. The cheerleader will be expected to attend games and/or events and sit with the coach.

FINANCIAL

- Cheer members and parents shall review and sign the 2022-2023 Financial Agreement
- Returning members will not be required to purchase competition uniform for 22-23 season
- Other costs throughout the year may develop (team gifts, dinners, player gifts, spirit items, etc.)
- Varsity Spirit Fashion Online Payment Center will be used for Varsity Game Day Uniform, Unity Uniform, and Competition Uniform.
- Any other payments not related to team clothing will be paid in cash or check to ASB office a receipt will be given. Payment schedule and deadlines will be applied.
- Cheerleaders must be current with their payment schedule.
- Cheerleaders who owe a balance on their account or have not returned all school-owned items will not be eligible to tryout out for the following year until the amount is paid in full.
- If a member is declared ineligible, injured, being disciplined, is dismissed, or resigns from the team, the member is still responsible for all fees. Refunds will not be issued.
- Refunds will not be provided for any items or services rendered.
- **Program Fundraising:** Participation is expected; understanding that what is raised by each cheerleader is applied to the general fund. If an athlete does not fundraised, a donation is recommended.
- Individual fundraisers will be the responsibility the athlete. South Hills Cheerleading does not provide individual fundraisers for athletes.
- Both Junior Varsity and Varsity will conduct the annual Youth Clinic Cheerleading camp. All cheerleaders will participate. Those not participating, regardless of reason, will miss all cheering events for the month of September. Practices will be required. All cheerleaders are **required** to recruit a minimum of 3 participants for the annual South Hills High School Youth Night & Cheer Clinic.
- All fundraising activities will be approved by the coach, Student Activities Director and Administration.

PHYSICAL

- Cheerleading is an athletic endeavor. Students must possess the following capabilities necessary for performing the essential functions of a cheerleader:
 1. Clear diction, vocal strength, rhythm, and coordination
 2. Physical moves that may involve jumps, balance, agility, and upper and lower body strength as well being in good physical condition to perform.
 3. Stamina to endure these physical activities through the duration of the games and events
 4. Ability to perform routines in both indoor and outdoor settings, in hot and cold weather

UNIFORM, PRACTICE & CAMP WEAR

- Uniforms or camp wear purchased by the cheerleader are the property of the cheerleader.
- For all squad members only official squad jackets, pullovers, and warm-ups may be worn over uniforms.
- Uniform will only be worn for events as designated by the coach or administration.
- All Cheer uniform, sweat suits or camp wear items must not be lent out or worn by any other individual

- Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming of a High School cheer squad member.
- Cheerleaders may only wear assigned camp wear to practice, in attendance at camps, or competitions.
- Uniforms lost or damaged must be paid for by the cheerleader.

APPEARANCE

- Cheerleaders not in full uniform will not cheer. Complete full uniform includes – skirt, shell, bodysuit, briefs, cheer socks, cheerleading shoes, bow, poms, backpack, sport length nails, no jewelry, no nail polish, no piercings, appropriate make-up, appropriate hair. As athletes, cheerleaders will adhere to this policy.
- Under no circumstances may jewelry be worn at practice, camp, games, or competitions. This includes rings, necklaces, piercings, anklets, watches, friendship bracelets, and all earrings (including earrings in the cartilage or any part of the ear). They are dangerous to wear while cheering. Naval rings should be removed completely so that they do not get caught on uniforms while stunting. No exceptions to this rule!
- Uniforms and camp wear must be always kept clean.
- Makeup should be natural and not excessive.
- All hairstyles must be neat and secured up out of the face, not needing attention (combing etc.) while in uniform, practicing or performing. Hair must be of a natural-looking color.
- Hair must be worn according to the coach's specifications for event
- Appropriate colored lipstick, as designated by coaches, must be worn when in uniform.
- Any type of body art to include tattoos -temporary, henna, or permanent- should not be visible when cheerleader is wearing cheer uniform or practice wear

PRACTICE

- The cheer coaches will determine any mandatory summer practices and camp dates and communicate that information to cheerleaders and cheer parents.
- Practice during the school year will be held during the cheer class period and at times before school, after school and on weekends.
- Coaches may assign additional afternoon or morning practices as deemed necessary.
- All practices are closed to the public.
- No cell phones are to be used during practice.
- Cheerleaders must attend all practices to perform at an event (game, pep rally, competition, etc.) Members will be held accountable for an absence and may be removed from any performance by the campus coach.
- Predetermined practice clothing shall be worn on assigned days. Failure to wear appropriate practice clothing will have disciplinary consequences such as additional running, push-ups, or removal from a performance and will impact member's daily grade. Cheerleaders are expected to arrive on time to practice and games. Cheerleaders late to an event will receive points deducted from their grade for that event. Cheerleader will also sit out the first half of the game/event.
- Arriving late to game will result in sitting out for the first quarter of game. Arriving later than 30 minutes will result in sitting out for the entire game. Tardiness includes late arrivals to the start of the game and returning from half times/breaks.

JV RESPONSIBILITIES

- Members will cheer at home JV football, JV volleyball, JV girls/boys' basketball home games, wrestling, soccer, and other sports assigned by coaches.
- JV Cheer will ONLY participate at SHHS Cheer Youth Night and Homecoming during our VARSITY football season. Junior Varsity will only cheer with Varsity the first quarter for both events. Once Youth Clinic Participants are dismissed, Junior Varsity athletes will be dismissed. Additionally, Junior Varsity will be dismissed after Homecoming Halftime performance concludes.
- Junior Varsity athletes will not be included on ALL VARSITY events (varsity recognition, school rallies, media days, CIF competitions, etc.)

VARSITY RESPONSIBILITIES

- Varsity Cheerleaders will cheer both home and away football games and home games for all other sports.
- Transportation for football games will be provided by CVUSD. Cheerleader must travel on the bus to and from the game.
- Varsity Cheerleaders are not guaranteed performance for pep rallies, halftime, or other school events.

- Members will represent their High School at community events per request, i.e. feeder school assemblies, Echo, Covina Christmas Parade, etc.
- Playoff Games: Varsity cheerleaders will attend playoff games if budget allows for transportation and meals. Members will most likely not attend overnight games.

CAPTAINS

- Captain selection will take place before Summer Camp in August.
- Those interested in the captain position must express interest by May 31, 2022, via google form.
- Varsity Head Cheerleader: Seniors ONLY
- Varsity CO-Captains: (1) Junior and (1) Senior
- Junior Varsity Captain: Only one athlete will be selected for this role.
- Coaches may incorporate a Captain for each team as they see fit.
- Coaches will make final determination of Captains.

GAMES

- All squad members must provide their own transportation to games, pep rallies, events held at South Hills High School. Not having a ride to a game or event at South Hills High School will not be an excuse for being tardy or missing an assigned event.
- When traveling to away games, SHHS or other school events, cheerleaders will not be allowed to drive themselves. District transportation will be provided.
- If a team member chooses to stay after the game for which he/she cheered, that member must change out of uniform and written permission must be on file. If someone other than the parent is picking up the cheer member, written permission from the parent must be presented. Parents that approve for their child to drive themselves home after a game must sign the parent release giving permission for the cheer member to do so.
- Cheerleaders will not be allowed to eat during games and all cell phones will be put away during the entire game including breaks and halftimes.
- Bring water bottles to games- only drinks with a twist on cap/top will be allowed
-

COMMUNICATION

Communication is vital for a successful cheer program.

All immediate correspondence will be conducted through BAND app messaging system

Coaches will communicate:

- Requirement for students and the squad
- Locations, dates, times of practices, games, and events through a monthly calendar
- Squad requirements including special equipment, uniform, squad rules/regulations, travel arrangements, and off-season expectations
- Cheer coaches will use 'BAND' app to communicate with cheerleaders
- BAND is preferred method of ALL communication

Parents should communicate:

Concerns regarding a son/daughter directly to the coach at the appropriate time and place

Issues appropriate for discussion:

- Student plan for success
- Student behavior
- Student Safety

Issues NOT appropriate for discussion with a coach:

- Squad selection of cheers, chants, stunts, or elements of a performance
- Any situation that deals with other students/cheer members
- Formations, line placements, stunting positions

- Request for athletes to participate in rallies or halftime performances
- Request for athletes to be placed on teams' athletes did not qualify for

Communication between parent, school, and coach:

If at any time a cheer member or parent feels he/she needs to discuss a problem or a complaint,

Please follow the appropriate channels:

- Cheer coach (set up appointment)
- Do not confront coach before, during or after any event
- Only enter cheer room with permission from the principal or his/her designee

If meeting does not provide satisfactory resolution, parents should then contact:

- Campus Assistant Principal
- Campus Principal

LETTERING

For a member of the Varsity cheer team to qualify to receive a letter jacket, he/she must:

- One Year of SHHS cheerleading, one being on the varsity team
- Remain academically eligible if ineligible will not be nominated for letterman jacket until grades are passing.
- Remain in good standing
- Perform in all required events
 - An unexcused absence for any event/game/performance excludes cheerleaders from earning a jacket.
 - If a member is removed from the cheer program or resigns his/her position, he/she will not be eligible to earn a jacket. General criteria for lettering and receiving a jacket for cheerleading athletes will be cheering in a boy and girl sport for the fall semester and a boy and girl sport in the spring semester for one year.

COMPETITIONS

- The South Hills Cheerleading program may become a high-level competitive team. This team is selected group of individuals who are selected by the COACHES. Numerous hours, weekends, money, and planning go into the competitive season. The season will run from October – March with choreography date set the beginning of August after our return from cheer camp. If a member is selected for the competition team they can also be removed at any time during the season if necessary. Additional details will be provided once team placement concludes.
- The cheer coach (es) will determine the size, members and divisions all competing teams
- The cheer coach(es) may adjust the competition squad at any time to allow for maximum competitive success
- The coach(es) may designate certain members of the squad of alternates to the competitive team. These individuals will be called on to compete in case of injury, ineligibility, or any other changes in the status of the competing member of the team. Alternates may be added or competing members may be designated as alternates to increase or decrease the size of the competitive team based on restrictions of various competitions.
- **There are no guarantees that any cheerleader will get to compete.** However, cheerleaders who are diligent about meeting their responsibilities, and show adequate skill development will be given every consideration.
- To be eligible to obtain a Varsity Letter at the end of season, said cheerleader must COMPETE in one or more VARSITY level competitions.
- Competitions are a privilege, not a right.

TENTATIVE SCHEDULE COMPETITIVE SCHEDULE 22-23

November 5, 2022 – JAMZ So Cal Classic
November 19, 2022 – USA Regionals I
December 10, 2022 – USA Regionals II
January 7, 2023 – CIF Championship
January 14, 2023 – USA Regionals III
January 21, 2023 – CIF STATE Championship
January 28, 2023 – CHEER PROS
February 10-11, 2023 - Jamz High School Nationals, Las Vegas
February 24 – 25, 2023 – USA NATIONALS

FUNDRAISING

Various fundraisers will be held to earn money for program expenses such as end of year banquet, senior night, rallies, etc. South Hills Cheerleading associated fundraiser profits for 2022-2023 will be deposited in the cheer general fund. Each athlete will have a minimum sales/participation goal set for each fundraiser or donate. The goal will be reasonable and attainable when the member dedicates the appropriate time. Details will be provided once team placement concludes.

Tentative Fundraisers

- Double Good Fundraiser
- Youth Night/Cheer Clinic
- See's Candy
- South Hills Competition
- Blast Athletics
- T-Shirt Sales
- E-Waste/Clothing Drive
- Bake Sale
- Christmas Wrapping
- Pancake Breakfast, Chipotle, Chick-Fil-A, Cane's, Fundraiser

2022-2023 ESTIMATED SEASON COST

Each squad member is expected to purchase personal items that will stay in the possession of the squad member after the completion of the year. **A detail breakdown will be provided after the cheerleader is placed on the team.**

Varsity Cost Includes: USA Cheerleading Camp, Season Apparel, Stunt Clinic, Varsity Game Day Uniform, South Hills High School Unity Uniform (New 22-23) Season, Competitive Uniform, Choreography, Competition Music, Varsity Game Day Shoes, Infinity Competitive Shoes, Nfinity Backpack, Cheer Box, Cheer Bows. etc.

Varsity "New Member" Estimated Cost: \$2600

Varsity "Returning Member" Estimated Cost: \$2200

Junior Varsity: USA Cheerleading Camp, Season Apparel, Stunt Clinic, South Hills Unity Uniform, Competitive Uniform, Choreography, Competition Music, Junior Varsity Game Day Shoes, Nfinity Competitive Shoes, Nfinity Backpack, Cheer Box, Cheer Bows, etc.

Junior Varsity "New Member Estimated Cost: \$2000

Junior Varsity "Returning Member Estimated Cost: \$1800

Tumbling is MANDATORY for all athletes: Registration and payments made directly to gym as chosen by coach.

Cheerleaders are required to attend tumbling classes once a week with the entire squad. Class registration will be required once the team is announced. Attendance will be taken at the gym by captains. Tumbling is an important skill that is essential to be a successful cheerleader.

Other Costs to Consider

- Team Gifts (gifted from one girl to another)
- Big/Lil Gifts
- Holiday Parties (gift exchanges)
- USA Nationals Team Hotel Registration
- 2023 Disneyland Ticket for USA Nationals
- Jamz Nationals Hotel Cost, Bonding Activities, etc.
- Team Dinners
- Sports Gift (Football, Basketball, Volleyball)
- Senior Night

Parent/Family Gear

- We have a lot of cute shirts that come out throughout the year, many of which you might want to buy for yourself or your family

2022-2023 CHEERLEADING TRYOUT INFORMATION

Dear Parent/Guardian and Student,

Thank you for your interest in the 2022 – 2023 South Hills High School Cheerleading Program.

The Cheer clinic and Tryouts for SHHS Huskies Cheerleading program for the 2022-2023 season: **Clinics will be April 12 and April 14 with tryouts on Saturday, April 16.** Students in grades 8 through 11 are eligible upon completion of the following tasks/requirement. **All potential candidates are required to complete the following tasks prior to tryouts.**

BEFORE YOU MAKE THE DECISION TO TRYOUT, please review the tryout packet in entirety, and ask yourself, “Why do I want to be a South Hills Cheerleader”? You should not only want to cheer for our team, but to be an active and recognizable leader in the community and school.

Cheerleading is a YEAR-LONG athletic activity and involves more time and responsibility than most people realize. It is important that you, and your parent/guardian are aware of the high level of commitment before tryouts. You need to be willing to give up a minimum of 20 hours a week, starting in May 2022 and continuing until the end of the 2023 school year. Athletes that are committing to South Hills Cheerleading Program are expected to participate in Sideline, TCC (Traditional Competitive Cheer), and STUNT. Job schedules, social plans, outside cheer (recreational or all-star) and any other school activities shall not conflict with practices, weekend competitions, games, activities, and fundraising events. The expectation is that you will give nothing less than 100% effort throughout the entire year.

Financial obligations are the responsibility of the cheerleader and the family.

Varsity Cost Includes: USA Cheerleading Camp, Season Apparel, Stunt Clinic, Varsity Game Day Uniform, South Hills High School Unity Uniform (New 22-23) Season, Competitive Uniform, Choreography, Competition Music, Varsity Game Day Shoes, Infinity Competitive Shoes, Nfinity Backpack, Cheer Box, Cheer Bows. etc.

Varsity “New Member” Estimated Cost: \$2600

Varsity “Returning Member” Estimated Cost”: \$2200

Junior Varsity: USA Cheerleading Camp, Season Apparel, Stunt Clinic, South Hills Unity Uniform, Competitive Uniform, Choreography, Choreography, Competition Music, Junior Varsity Game Day Shoes, Nfinity Competitive Shoes, Nfinity Backpack, Cheer Box, Cheer Bows, etc.

Junior Varsity “New Member Estimated Cost: \$2000.

Junior Varsity “Returning Member Estimated Cost: \$1800

If you decided to try out for SHHS Cheerleading Program, you have the possibility of being part of a growing program that aims to not only improve your current cheerleading skills, but will encourage you to enhance your leadership, motivational, and organization skills for your future.

Our program is dedicated to working hard, building lasting memories, and building a strong sense of self. Each individual considering trying out is challenged to step outside your comfort zone and take this first step towards a great high school career.

South Hills Cheerleading staff wishes you luck during the tryout process. If you have any questions, please contact Ms. Burgess at nburgess@c-vusd.org

Kind Regards.

South Hills Coaching Staff

Please read ALL OF THE PAPERWORK and sign in all areas required. The packet is to be completed and turned in to the ASB Office no later than April 11, 2022, by 3 p.m. We will NOT accept LATE applications or applications via email.

A. Eligibility

1. All potential candidates must have an up-to-date PHYSICAL on file & athletic clearance filled out online prior to participating in ANYTHING *** You may access and register via www.athleticclearance.com
2. The potential candidate must complete South Hills High School Cheerleading Tryout Application and attach a wallet size picture to the application.
3. The potential candidate must complete The South Hills High School Interview Questions
4. The potential candidate and candidate's parents/guardian must read the SHHS Cheerleading handbook prior to tryouts
 - a. Each student and parent must fill out and sign the Cheerleader and Parent Handbook Signature Page with the understanding that if they are chosen for the squad they understand and will always adhere to the handbook. (Signature page below)
5. One (1) recommendation must be completed and signed by English, Math, History or Science teacher.
6. Candidates must complete SHHS Social Media Guidelines Agreement
7. Each potential cheerleader must have a 2.0 GPA or higher based on both the Fall 2021 Semester grades and from the 2022 First Semester grades. Failure to be at a 2.0 GPA during any grade period will not allow you to tryout. **Each student must turn in a printed transcript of grades with tryout packet.**
8. Eligibility for JV Squad include Incoming 9th-11th grade students.
9. Eligibility for Varsity Squad include Incoming 9th grader with **running and standing back handspring** and incoming 10th- 12th grade students
10. Any exceptions and/or placement within the above-mentioned squad eligibility is at the full discretion of the coaching staff.
11. Candidates must be enrolled to attend South Hills High School for our 2022-2023 school year.
12. Students who were removed from the cheer team or quit during the 2021-2022 season, will not be eligible to tryout depending on the severity of the incident at the full discretion of the SHHS coaching staff.
13. Candidates must attend all days of the clinic.

LATE applications will NOT be accepted!

B. Tryout-Out Timeline

Tuesday	Wednesday	Thursday	Friday	Saturday
April 12	April 13	April 14	April 15	April 16
Cheer Clinic Check In: 4:30 p.m. Start Time: 5-7 p.m.	No Clinic	Cheer Clinic Check In: 4:30 p.m. Start Time: 5-7 p.m.	No Clinic	Tryouts in the Gym Begin at 12:00 p.m. Check-in at 11:30 a.m. Team Announcement posted evening after tryouts

C. Each candidate will be required to perform the following at tryouts on April 16, 2022

1. 8 Count Routine
2. Sideline Cheer (Defense, Offense) Candidate will be provided a situation they must respond with correct cheer
3. Crowd Involvement Chant
4. Toe Touch, Right and Left Herkie, and Pike
5. Tumbling
6. Rallying in and out

D. Selection Process

1. Each student will receive a number on tryout day. Names will not be used at tryouts. Candidates will be put in numerical order and placed in groups of 2-4 (based on the number of participants)
2. The order of tryouts will be Seniors, Juniors, Sophomores, and Freshman. All students should wait until released by SHHS Staff before leaving to ensure the students tryout is complete.
3. Each student will be required to perform the above listed items. All candidates will perform the same routines and elements.
4. A selection team made up of coaches and outside judges will score each candidate.
5. A natural break in the total scores will determine the size of each squad. The total score will consist of a percentage of grades, and overall performance of clinics/tryout.
6. SHHS is looking for students that can represent our school in academics, character, and athletics. We are looking for hardworking, dedicated girls/boys with energetic and positive personalities.
7. Decisions are FINAL and will be posted online.

E. Clinic and Tryout Attire:

1. Tryouts: Plain white top, black shorts, white crew socks with cheer shoes or tennis shoes.
2. Hair must be parted in the middle, slick back (bow optional, highly encouraged)
3. Previous cheer/dance attire from any school may NOT be worn during tryouts/clinics.
4. Excess jewelry is not permitted.

South Hills High School Cheerleading Tryout Application
All Candidates must select year and must understand participation

☐ Varsity Cheer (9th - 12th grade)
Freshman with tumbling skills may tryout for Varsity)
SIDELINE, TCC & STUNT

☐ Junior Varsity (9th – 11th grade)
(Seniors will not be placed on JV)
SIDELINE, JV COMP TEAM & STUNT

Current Grade: ☐ 8th grade ☐ 9th grade ☐ 10th grade ☐ 11th grade

First Name: _____

Last Name: _____

DOB: ____/____/____

Cell Phone Number: (____) _____ - _____

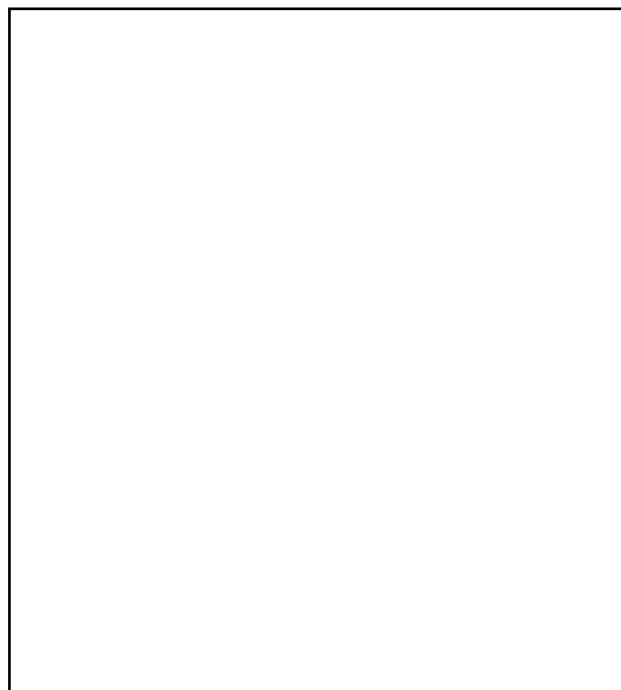
Student's Email: _____

Current School: _____

Parents Name: _____

Parents Cell Phone Number: (____) _____ - _____

Parents Email Address: _____



Cheerleading Overall Experience: (Actual Experience)

(attach a wallet size photo)

☐ High School JV ☐ High School Varsity ☐ All-Star ☐ Non-Affiliated Rec

☐ Pop Warner/Junior All-American ☐ No Formal Experience

STUNT Position Experience:

☐ Flyer(top) ☐ Base ☐ Back Spot ☐ Front Spot

STUNTING Experience: (You will be asked to execute skill during tryouts)

☐ Extension-Cradle ☐ Extension Bump Down ☐ Extension-Full Down ☐ Liberty-Prep

☐ Liberty-Extension ☐ Single Based Stunts ☐ No Experience with any of the above

TUMBLING Experience: (You will be asked to execute skill during tryouts)

☐ FWO/BWO ☐ SBHS ☐ RBHS ☐ ST ☐ RBHST ☐ SL ☐ RBHSL ☐ NONE

South Hills High School Cheerleading Interview Questions:

Cheerleader Name: _____ Grade Level: 22-23 _____

Please complete the following questions, if you feel you need more space you may attach an additional page.

1. Why are you trying out for South Hills High School Cheerleading & Stunt Program?

2. What three characteristics do you feel are more important for cheerleaders to possess? Why?

3. Why should a cheerleader be responsible for maintaining good grades and be on time to practice each day?

4. What new idea you would like to see implemented in this year's cheerleading program?

5. Coaches at South Hills support multi-sport athletes and students that are involved in school clubs (ASB, WESA, etc.) Please provide a list of any clubs/organization and teams you will be involved in during the 22-23 Season? (Fall, Winter, Spring) *If you're an outside competitor – Please provide the program name you are planning on participating in during the 22-23 Season (practice times, major competitions you program attends)*

Teacher Recommendation

South Hills High School Cheerleaders

Dear Teachers,

Please be candid with your remarks. Try to picture yourself working an average of 20-25 hours a week with this student. Is the individual someone you really believe is dependable? Often, we have no other way of knowing these students, thus requiring your help and honest opinion. We appreciate your time and help!

Student name _____

Current school _____

Teacher making the recommendation _____

Academic course taken (*must have been in the 2021-2022 school year*) _____

On a scale of 1-5 (5 being perfect), please rate the SHHS cheer applicant in the following areas:

_____ Attitude and dedication to scholastic responsibilities

_____ Ability to get along with others and show respect for instructors, parents, and peers

_____ Ability to participate in large groups/classes and remain on task efficiently

_____ Ability to follow instructions without argument, unpleasant attitude, or inappropriate excuses

_____ Dependability

_____ Ability to follow through on long-term projects without constant supervision

_____ Promptness to class and with carrying out assignments

_____ Ability to take constructive criticism effectively

_____ Honesty

_____ Ability to remain calm, avoid loss of temper, and avoid displays of inappropriate actions and words

TOTAL SCORE _____ / 50

Comments:

Teacher Signature: _____ **Date:** _____

Social Media Guidelines for SHHS Cheerleading

Dear South Hills, High School Cheerleaders & Cheer Families,

The SHHS Cheer Program respects the right of its students to use social media. However, it is important for SHHS Cheerleaders to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. SHHS Cheerleaders who use social media must remember that any information posted can reflect on the entire SHHS community and, as such, is subject to same behavioral standards and consequences set forth in the SHHS Cheer Handbook and Ethics Guidelines.

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if you are not careful. Potentially every picture, link, quote, tweet, status, or post that you or your friends put online can be forever a part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Attached you will find the social networking guidelines which provide the following guidelines for social networking site usage for the 2022-2023 School Year.

- ☐ Everything you post has the potential to be public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it. Even if you diligently monitor your privacy settings, it's best to assume that anything you post has the potential to be seen by your school, your coaches, your parents, and strangers. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties can use against you in the future.
- ☐ What you post may affect your future. Many employers, and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- ☐ Similar to comments made in person, SHHS Cheer will not tolerate disrespectful comments and behavior online, such as:
 1. Derogatory language or remarks that may harm my teammates or coaches; other CISD student athletes, teachers, or coaches; and student- athletes, coaches, or representatives of other schools including comments that may disrespect my opponents.
 2. Incriminating photos or statements including but not limited to depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 3. Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person. o Indicating knowledge of an unreported school or team violation - regardless of if the violation was unintentional or intentional.

While the freedom of expression is a right, there are limits to the freedom. The on-line social network sites are NOT a place where you can say and do whatever you want without potential repercussions. The information you post on a social networking site can be considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Recognizing the above please initial and complete by each statement:

_____ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.

_____ I will not degrade my opponents before, during, or after games.

_____ I will post only positive things about my teammates, coaches, opponents, and officials.

_____ I will use social media to purposefully promote abilities, team, community, and social values.

_____ I will consider "Is this the me I want you to see?" before I post anything online.

_____ I will ignore any negative comments about me and will not retaliate.

_____ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.

_____ I am aware that I represent my sport(s), school, team, family, and community at all times, and will do so in a positive manner.

_____ I understand that I am subject to a disciplinary consequence and possible dismissal of the program in its entirety should I be found in violation of any of the guidelines set forth by SHHS Cheerleading Program.

Parent/Guardian Social Media Agreement

I _____, parent of, _____ agree to the Social Media Guidelines set forth by SHHS Cheerleading Program.

Parents/Guardian Signature

Date

Athlete's Social Media Signature

I, _____, agree to the Social Media Guidelines set forth by SHHS Cheerleading Program.

Athlete's Signature

Date

South Hills Cheerleading Cheerleader Handbook Agreement

I _____ have read the South Hills High School Cheerleading Handbook & the Cheer Try-out requirements and understand the responsibilities and privileges of being a South Hills High School Cheerleading Program I will abide by these guidelines and policies **if chosen** for the cheerleading squad. I understand that if I do not follow the expectations, I will receive appropriate consequences and may be removed from the cheerleading squad and may not be eligible to tryout again. If I have a problem with an action or comment by my coach I will make sure to discuss the issue using the proper chain of command as stated in the cheer handbook. I will cooperate fully with the coaches and all persons and organizations concerned to promote spirit and good sportsmanship at South Hills High School. At all times, whether at school or away from school, I will conduct myself in a manner of the highest standards that best represents the students and faculty at South Hills High School.

Candidate Name: _____ Signature: _____ Date: _____

South Hills High School Cheerleading Parental Permission Handbook Agreement

My child, _____, has permission to tryout for the cheerleading squad at South Hills High School for the new season. If chosen, he/she has permission to participate as a member of the cheerleading team for that school year. I give permission for my child to ride to and from events on the bus with the coaches, other certified sponsors and /or other athletic personnel as well. I agree that my child will attend ALL the scheduled cheer events including games, practices, fundraisers, events, and performances as required throughout the cheer season.

I understand that all forms attached, must be completed and returned on April 11, 2022, to the SHHS ASB Student Union, or my child will not be allowed to tryout. I understand that my child must already be enrolled or pre-enrolled to South Hills High School or they will not be able to try out.

I understand that my student must provide a completed physical form before they can attend the cheer clinic and ultimately tryout for the cheer program.

I understand that coaches and judges will be used during the tryout process, but that the coaches' decision is final. I understand that my child will be evaluated on technical skills, ability, coachability, and attitude. The technical skills to be evaluated are motions, jumps, dancing, tumbling, and stunting (if applicable), flexibility. As the parent(s) I/we agree to abide by the final decision of the coaching staff during and after the tryout selection process.

I understand that if my child is chosen to be a cheerleader at South Hills High School that it requires a **MAJOR TIME COMMITMENT**. Cheerleaders are required to be enrolled in Fall & Spring Cheer PE (if available), cheer at all home and away football games, all home Boys/Girls Basketball games, other sporting events if scheduled, perform at rallies, attend all practices, participate in all fundraisers, participate, and compete within the competition team (varsity) or if selected by the coaching staff, and attend scheduled community events (ie: parades, fair, etc). Cheerleaders should anticipate having 10-20 hours of cheer related activities per week for the entire year. This time commitment is **NOT** compatible with work, outside cheer (rec or all-star), musical theater, drama, choir, band, or other team sports. However, if a student is involved in more than one activity, they must manage their time effectively and **communicate regularly** with their cheer coaches or they may not be able to participate in a number of cheer related events if they are not prepared. Also, they may not qualify to receive their Athletic Letter at the end of the year. This decision will be left to the coaches, advisors, in consultation with the Activities Director.

I have read and discussed with my child the guidelines as stated in the South Hills High School Cheerleader handbook & Tryout requirements, and I understand the responsibilities and commitment of being a cheerleader. I also understand the role I must assume as a parent of a cheerleader, and I will assist in every way to see that the rules and regulations for my student-athlete are enforced. I will support the coaches and administration in decisions made throughout the season. If I would like to discuss an issue related to my student I will make sure to use the **proper chain of command** as stated in the cheer handbook.

I will adhere to the financial obligations as stated in the cheer handbook. I understand that the sport of cheerleading has a risk of injury. I understand that every attempt will be made to properly supervise all activities to prevent any accidents or injuries.

Printed Name: _____ Signature: _____ Date: _____