

Jan. 2017

Dear Parent/Student:

Thank you for your interest in joining the West Perry Cheerleading Program for the 2017-2018 season. This activity is a huge commitment, and has a very long season. Please be aware of the following before you decide to try out for the team:

- ❖ This program is physically demanding and time consuming
- ❖ All games, practices, and competitions (if you are on the competition squad) are **MANDATORY**
- ❖ Cheerleaders are required to sign the Athletic Code of Conduct
- ❖ Cheerleaders, upon making the team, must obtain and pass a medical physical examination (**after June 1<sup>st</sup> and prior to August 11<sup>th</sup>**)
- ❖ Cheerleaders are required to abide by the Cheerleading Constitution
- ❖ Cheerleaders must raise funds for equipment and competition fees
- ❖ Cheerleaders must hold themselves to high standards. This includes grades, behavior in and out of school, appearance, strong work ethic and being respectful of their coaches and team
- ❖ Understand that this is a cheerleading program and will be treated and coached as any other sport here at West Perry. You will be expected to give your all and to make this program a priority.

Please consider the above items before you make your final decision. Mandatory tryout practices will begin on March 13, 15, and team selection night is March 16, 2017 @ 6:00-8:00 pm in the High School Auxiliary Gym.

You must fulfill the following in order to participate in tryouts:

1. Two (2) Core Teacher Evaluations (These needed to be given to the teachers and returned to us by March 10th)
2. Signed "Acknowledgement of Risk and Consent to Participate" Form
3. Proper Practice Attire (Sneakers, athletic shorts, t-shirt and you have your hair up completely off your face)
4. 2017-2018 Cheerleader Information Form
5. Copy of report card for current year

We will be following a traditional tryout procedure this year. There will be three judges, and team selections will take place on March 16, 2017 beginning at 6:00 in the High School Auxiliary Gym. Each judge's score sheet will be worth 70 points; and each Teacher Evaluation will be worth 25 points. The possible total is 260 points. In order to make the team, you must average 150 points. All participants will be evaluated on motions, voice, showmanship, cheer, dance, jumps, stunts, and optional tumbling. All decisions will be final and will NOT be discussed the day/evening of tryouts.

Please contact me if you have any specific questions. Thank you and I look forward to working with you.

Cheers,

Lori Ellerman

Head Cheerleading Coach

West Perry High School

717-636-1960

[westperrycheerleading@gmail.com](mailto:westperrycheerleading@gmail.com)



**TEACHER EVALUATION  
FOR CHEERLEADING TRYOUTS**

*To be completed by a Math, Science, Social Studies, English or Phys Ed Teacher*

STUDENTS NAME: \_\_\_\_\_

Cheerleaders are held to high standards in the classroom and uniform. Cheerleaders are expected to set good examples for their peers, both in and out of the classroom, and to promote school spirit. When deciding team placement, attitude, dedication, initiative, and maturity are considered just as much as athleticism and ability. Please keep these ideas in mind as you complete the following evaluation based on a five-point scale (5 being the highest and 1 being the lowest), totaling 25 points. Upon completion, **please return the form to Joe Stasyszyn to be placed in my mailbox outside his office. All forms must be returned by March 10th. Please be prompt, as these evaluations are needed for the tryout process. Thank You!** If you are a vo-tech student and are asking a social studies teacher to complete the form, please ask them to give it back to you in a sealed envelope, then bring the envelope to the first night of try out practice.

**ATTENDANCE:** Student has exceptional attendance, and is punctual to class on a regular basis.

5      4      3      2      1

Comments \_\_\_\_\_

**ATTITUDE:** Student has a positive attitude towards learning, teachers, peers and themselves.

5      4      3      2      1

Comments \_\_\_\_\_

**WORTH ETHIC:** Student completes assignments and homework on a regular basis, uses class time wisely, and practices on task behavior.

5      4      3      2      1

Comments \_\_\_\_\_

**WORKING WITH OTHERS:** Student works well with others, listens well, contributes to the group, and supports and encourages others.

5      4      3      2      1

Comments \_\_\_\_\_

**COOPERATION:** Student follows instructions and accepts responsibility for actions, assignments, and achievements

5      4      3      2      1

Comments \_\_\_\_\_

In your professional opinion, is this student able to manage the responsibility of a student athlete, and maintain acceptable grades? (Please circle one)    YES                      NO                      WITH HELP

Additional comments/concerns can be addressed on the opposite side of this evaluation.

Teacher Completing Evaluation: \_\_\_\_\_ Subject Taught: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**TEACHER EVALUATION  
FOR CHEERLEADING TRYOUTS**

*To be completed by a Math, Science, Social Studies, English or Phys Ed Teacher*

STUDENTS NAME: \_\_\_\_\_

Cheerleaders are held to high standards in the classroom and uniform. Cheerleaders are expected to set good examples for their peers, both in and out of the classroom, and to promote school spirit. When deciding team placement, attitude, dedication, initiative, and maturity are considered just as much as athleticism and ability. Please keep these ideas in mind as you complete the following evaluation based on a five-point scale (5 being the highest and 1 being the lowest), totaling 25 points. Upon completion, **please return the form to Joe Stasyszyn to be placed in my mailbox outside his office. All forms must be returned by March 10th. Please be prompt, as these evaluations are needed for the tryout process. Thank You!** If you are a vo-tech student and are asking a social studies teacher to complete the form, please ask them to give it back to you in a sealed envelope, then bring the envelope to the first night of try out practice.

**ATTENDANCE:** Student has exceptional attendance, and is punctual to class on a regular basis.

5      4      3      2      1

Comments \_\_\_\_\_

**ATTITUDE:** Student has a positive attitude towards learning, teachers, peers and themselves.

5      4      3      2      1

Comments \_\_\_\_\_

**WORTH ETHIC:** Student completes assignments and homework on a regular basis, uses class time wisely, and practices on task behavior.

5      4      3      2      1

Comments \_\_\_\_\_

**WORKING WITH OTHERS:** Student works well with others, listens well, contributes to the group, and supports and encourages others.

5      4      3      2      1

Comments \_\_\_\_\_

**COOPERATION:** Student follows instructions and accepts responsibility for actions, assignments, and achievements

5      4      3      2      1

Comments \_\_\_\_\_

In your professional opinion, is this student able to manage the responsibility of a student athlete, and maintain acceptable grades? (Please circle one)    YES                      NO                      WITH HELP

Additional comments/concerns can be addressed on the opposite side of this evaluation.

Teacher Completing Evaluation: \_\_\_\_\_ Subject Taught: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**ACKNOWLEDGEMENT OF RISK AND  
CONSENT TO PARTICIPATE**

My child, \_\_\_\_\_ has my permission to participate in open gym, practices, and try-outs for the West Perry High School Cheerleading program. I understand that my child must abide by the rules and regulations set forth by the advisors and administrators of the West Perry High School.

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*I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. I understand that these injuries may occur, in some instances, as the result of unavoidable accidents. No matter the precautions observed by the participant and coaches, the number of spotters used, or the landing surface used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk, although very rare also includes catastrophic injuries such as permanent paralysis, permanent mental disability, or even death as a result of falling/landing on the back, neck or head. By signing and dating this waiver/consent form, I understand these risks and will not hold West Perry High School or any of its personnel (advisors, coaches, volunteers, and administrators) accountable or responsible in the event of an accident or injury at any time.*

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\_\_\_\_\_  
Participants Full Name (Please Print)

\_\_\_\_\_  
Participant's Date of Birth

\_\_\_\_\_  
Participants Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Father/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Mother/Guardian Signature

\_\_\_\_\_  
Date



## WEST PERRY CHEERLEADING CONSTITUTION

*The purpose of the West Perry High School cheerleading program is to support West Perry Athletics, and promote school and community spirit. This document outlines the responsibilities and expectations of the West Perry cheerleader. This constitution is designed to hold the cheerleader to high standards, as she is a role model for the entire West Perry Community. This constitution will function with the cooperation of the cheerleader, coach, and parent(s), and will be implemented upon commitment to the cheerleading team for the duration of the 2017-2018 cheerleading season.*

### WEST PERRY CHEERLEADERS WILL:

1. Participate in the try out process at the start of each season
2. Represent their school and community in a positive manner
3. Uphold the expectations of the School District's Code of Conduct for Student Athletes
4. Attend all scheduled practices, games, competitions (if on the competition squad), and events
5. Maintain passing grades in all academic areas
6. Fulfill their financial obligations in order to maintain the cheerleading budget
7. **Obtain and pass a medial physical examination after June 1<sup>st</sup> and prior to August 10<sup>th</sup>**

### TRYOUTS

- a) All interested candidates must participate in the try out process at the start of the season
- b) Interested candidates will be evaluated by three judges, including the coaching staff
- c) "Consent to Participate" must be completed and signed by the parent in order to participate in tryouts
- d) Two teacher evaluations must be completed in order to participate in tryouts
- e) Team placement will be decided by the coaches and these decisions will be FINAL
  - i. Varsity (grades 9-12<sup>th</sup>) JV (grades 6-11)
  - ii. Teams offered for this season: Football Cheer Team, Basketball Cheer Team and Competition Team
  - iii. To participate on the competition team, you must participate on at least 1 other team (Football Cheer Team/and or Basketball Cheer team)
  - iv. You may tryout and participate for all 3 teams

### BEHAVIOR/ATTITUDE

- a) Cheerleaders will sign the Code of Conduct for Student Athletes
- b) Cheerleaders must behave appropriately both in and out of school and especially when in uniform
- c) Cheerleaders will warm up, perform and work as a team at all scheduled events
- d) Cheerleaders should be a positive role models within the school and community

### APPEARANCE

- a) Uniforms must be clean, wrinkle free and presentable at all times
- b) Full uniforms must be worn during games and competitions. Full uniform consists of skirt, body liner, top, and hair bow, specific colored briefs as instructed by coach, very low WHITE socks, and cheer sneakers. During cold weather at Football games a warm-up, rain coat, white gloves, leggings will also be considered full uniform and MUST be in your cheer bag at all times in case of inclement weather and the uniform gets changed. Coaches will decide when those items are necessary to use. We will always dress as a team, which means if one girl doesn't remember her rain coat and its pouring no one will wear them.
- c) Hair should always be kept out of your face during practices, games, competitions and all other events. Bangs that are not cut above your eye brow need to be pulled back. NO EXCEPTIONS!!! Cheerleaders will not be permitted to cheer at games, competitions, or events with bangs below their eyebrows or down the sides of their face.
- d) Hair color should be a natural color. No longer will anyone be permitted to cheer with their hair being colored bright red, pink, blue, green purple, orange or any unnatural colors. It is fine to color your hair or highlight your hair just do it in a color that is natural. NO EXCEPTIONS! Cheerleaders showing up to games, competitions, or events with their hair colored in unnatural hair colors will not be permitted to cheer and will result in an unexcused absence.
- e) Financial obligations (for music, and registration fees) must be met in order to maintain a position on the competitive cheerleading team



- f) The competition team will fund raise during the summer and will be responsible for following the calendar with regard to upcoming fundraiser dates, paperwork, deliveries, money turn in, cheer gear orders and payment.
- g) No fundraisers will be ordered without payment
- h) All competition team cheerleaders **MUST** attend summer choreography camp held at the high school.

#### ACADEMICS

- a) Cheerleaders must maintain passing grades for the duration of the season
- b) Cheerleaders become ineligible for one calendar week if:
  - a. Failing one subject for two consecutive weeks or failing two subjects for one week
- c) Cheerleaders become ineligible for 15 school days if
  - a. Failing a course for a marking period
- d) Ineligible cheerleaders may not participate in performances for this designated time.
- e) Habitual ineligibility may result in being dismissed from the team. Academics come first

#### FINANCES

- a) An anticipated expense list will be distributed prior to tryouts
- b) Installment dates (3 of them) will be listed on the calendar handed out at the try out meeting
- c) Cheerleaders are responsible for paying for their cheerleading apparel
- d) A number of optional fundraisers will be offered during the summer months to offset the costs of these items
- e) Cheerleaders are expected to participate in up to three fundraisers to benefit the cheerleading program and/or raise funds for competition fees. You have the option to do a buy out or pay a portion of balance due if the full amount is not raised
- f) Failure to uphold your financial obligations may result in dismissal from the team
- g) Teams, which are out of season during the time of installment dates and orders, must be drop off payments and order forms to the coach on the scheduled dates. Pay attention to your calendar. Installment dates are listed as well as fundraising dates.

#### SCHOOL PROPERTY

- a) Any items you borrow from the school (uniform, pompoms, etc.) must be properly cared for and returned in the same condition at the conclusion of the season
- b) Any item owned by the school district which is not handed in at the end of the season will be the responsibility of the cheerleader/parent to replace
- c) Any item owned by the school district which is not returned in its original condition, within reason, will be the financial responsibility of the cheerleader/parent to replace

#### TRANSPORTATION (Away Events)

- a) Cheerleaders will travel to away events as a team
- b) Transportation will be provided by the school district
- c) Cheerleaders must be give the coach **PRIOR** notification if leaving the game with a **parent**, and **WRITTEN** notification from the parent if leaving with an adult other than a parent
- d) All cheerleaders must be signed out before leaving an event

#### INJURIES

- a) Risk of injury is involved with cheerleading activity
- b) If a cheerleader is injured, she is still expected to attend practices
- c) If a cheerleader is potentially injured, she will need a written permission slip from a doctor in order to resume cheerleading activity
- d) It is the responsibility of the cheerleader to keep the coach up to date on all progress or decline of an injury during her time off. Failure to come back to the team after being released by your doctor from injury will result in no awards or recognition (varsity letter etc.) at the end of the school year.
- e) The only jewelry permitted during practices, games and events will be 1 small earring in the lob of each ear. The earrings must not be hooped. The earring must be green, white, black, or silver-matching our uniform. No other color will be permitted **NO EXCEPTIONS**. During competition absolutely no jewelry can be worn!!!! Never should a cheerleader come to practice, games competitions or events with tongue rings, belly button rings, nose rings, and multiple earrings in their ears, eyebrow rings or any other possible location. This is a danger and it goes against our request for the team to dress and looks like a team.



- f) All cheerleaders should arrive at every practice, game, competition or events in their uniforms or warm ups. No street clothes or street shoes should be worn on arrival to any other school, competition location or our main gym during a game time. On game days, please enter through the aux gym doors if you are ever out of uniform during arrival to an event
- g) Nail polish should be light in color. NO BOLD COORS. Nails should be trimmed at all times to avoid injuring yourself or another cheerleader during stunting.

#### CELL PHONES

- a) **Cell phones will no longer be used within practice area until after practice if over unless it is an emergency and approved by the coach. This includes no cell phones used during break time within the practice area**

#### ATTENDANCE

##### a) Practices/Games/Competition

1. All practices/games are mandatory
2. Vacation or camps during the summer prior to August 11<sup>th</sup> will not be marked as unexcused nor will they count toward your absences
3. ANY absences from practices/game require PRIOR approval from the coach
4. Missing more than 3 practice during a season, even if they are excused absences, may result in a dismissal from the team
5. Cheerleaders must call the coach prior to an absence. Failure to notify the coach will result in an unexcused absence, DO NOT text another cheerleader to tell the coach this will be marked as unexcused if a coach is not notified
6. Doctor visits and other appointments should NOT be scheduled during practice/games
7. Cheerleaders must remain in the designated practice/performance area
8. Cheerleaders may not leave practice/games until dismissed by the coach
9. Personal belongings should not be kept in the performance area
10. Competition team practices and competitions are mandatory and STRICTLY enforced. Your third absence from competition practice, regardless of the reason, will result in dismissal from the team.
11. Not calling the coach prior to an absent will result in an automatic dismissal from the competition team
12. Not showing up for a competition without contacting the coach or without a valid reason (emergency) will result in dismissal from the team.

##### b) School

1. If you are absent from school, you may not participate that evening without a written doctor's excuse
2. If you have an approved education trip on a practice day or game day, you must still come to practice, game or competition
3. If you are tardy to school, you may not participate that evening without a doctors excuse
4. IF YOU ARE ABSENT FROM SCHOOL ON THE DAY OF A PRACTICE OR GAME YOU STILL MUST CONTACT YOUR COACH TO INFORM THEM OF YOUR ABSENCE FROM THAT EVENT. IF YOU FAIL TO CONTACT THE COACH PRIOR TO PRACTICE OR GAME TIME, IT WILL BE UNEXCUSED.
5. If you have six unexcused absences from school at any time throughout the season, you will be dismissed from the team. This is a school district policy.

##### c) Competitions

- 1) ALL team members MUST be present at competitions. NO EXCEPTIONS
- 2) Team members must stay for the awards ceremony and congregate on the mat in full uniform for the duration of the awards ceremony.

**ALL PARENTS ARE ASKED TO ARRIVE AT THE SCHOOL 5 MINUTES PRIOR TO THE PRACTICE ENDING TIME, OUR COACHES HAVE FAMILIES OF THEIR OWN WHO THEY ARE NOT SPENDING TIME WITH WHILE THEY ARE WITH YOUR CHEERLEADER. IF YOU ARE GOING TO BE LATE PLEASE SEND THE COACH A TEXT.**



## ADDITIONAL CONSEQUENCES/REPRIMANDS

- a) Failure to adhere to the expectations set forth in this constitution will result in an oral reprimand and will be documented and dealt with on an individual basis. Some examples include:

### Football/Basketball Cheer Team Practice Related:

- 1) 1<sup>st</sup> excused absence from practice which is not the last practice prior to a game – oral reprimand
- 2) 1<sup>st</sup> unexcused absence from practice which is the last practice before a game= No stunting or any other practiced material created especially for that game
- 3) 2<sup>nd</sup> unexcused absence from practice no matter if it is the last practice before a game or not=oral reprimand and suspension for one game
- 4) 3<sup>rd</sup> unexcused or excused absences from practice during the current season=dismissal from team. Excluded from this will be summer vacations or camps prior to August 11<sup>th</sup>. Also, if we have practices which fall on two consecutive days and the absence is from an illness, will only count as 1 absence.

### Competition Team Practice Related:

- 1) 3 excused absences during the competition season=dismissal from the team regardless of the reason
- 2) 1 unexcused absence during the competition season=dismissal from the team
- 3) Ineligibility which causes cheerleader to miss 3 practices=dismissal from the team

### Football/Basketball Cheer team Game Related:

- 1) 1<sup>st</sup> unexcused absence from a game =oral reprimand and suspension from one game
- 2) 2<sup>nd</sup> unexcused absence from a game=oral reprimand and dismissal from the team

### Competition Team Missed Competitions:

- 1) If you give the coach prior notice and you have a true EMERGENCY, which is deemed a true emergency by the coach, it will be excused
- 2) Unexcused absence from a competition=dismissal from team
- 3) Ineligibility which causes a cheerleader to miss competition=dismissal from the team

### General All Practice and Games

- 1) Being late to practice more than 10 minutes=10 minutes of running... Failure to run will result in sitting out during the practice which will be considered an unexcused absence
- 2) Being more than 10 minutes late on game day will result in no stunting during the game
- 3) Anyone developing a habit of being late will receive an oral reprimand and then dismissed from the team if it continues
- 4) 1<sup>st</sup> in school suspension=oral reprimand
- 5) 2<sup>nd</sup> in school suspension=oral reprimand and suspension from the team
- 6) All cheerleaders are to be picked up at the dismissal time!!!!!!
- 7) Practices- We have open gyms before our season in June starts, June we will have football cheer practice Mondays 6-8:30, Wednesday we will have tumbling. Watch your calendars/website/facebook for updates.

## FACEBOOK GROUP

- 1) We will have a Facebook "private" group that you and your parents will be allowed to join while you are a cheerleader. This is where the cancellation and announcements other than at practices will be posted. You may post pictures to this group. NO CRITICISM WILL BE ACCEPTED IN THE GROUP. If any negative comments are made the person will be removed from the group and not allowed to re-enter. Please check the Facebook group for announcements and reminders on practice and game days.

## Remember:

You are a student athlete in a West Perry Uniform, act in a way that will add value to our school and not detract from our positive reputation in our community.



## 2017-2018 Anticipated Expense List

| Description   | Which Team Needs This               | Cost Per Item | Total Cost | Gear Order # |
|---|-------------------------------------|---------------|------------|--------------|
| Cheer Box   | Football Only                       | \$20.00       | \$20.00    | 1            |
| 1 Spirit t-shirts   | Football, Basketball & Competition  | \$18.00       | \$18.00    | 1            |
| Nike Cheer Unite Sneaker Or Last Years                      | Football, Basketball, & Competition | \$70.00       | \$70.00    | 2            |
| 1 Hair Bows Practice  | Football, Basketball & Competition  | \$3.00        | \$3.00     | 1            |
| 1 Hair Bow (Performance)                                    | Football, Basketball & Competition  | \$20.00       | \$20.00    | 2            |
| Body liner  | Football, Basketball & Competition  | \$75.00       | \$75.00    | 1            |
| Varsity Brand Boy Cut Briefs (Dark Green) Same as last year | Football, Basketball & Competition  | \$20.00       | \$20.00    | 2            |
| Clean Rain Coat with Hood                                   | Football Only                       | \$15.00       | \$15.00    | 2            |
| Warm Up <b>**NEW**</b>                                      | Football & Competition              | \$120.00      | \$120.00   | 3            |
| Competition Fees  | Competition Team ONLY               | \$125.00      | \$125.00   | 4            |
| Pom Poms— <b>Optional</b>                                   | Football & Basketball               | \$20.00' pair | \$20.00    | 2            |
| Cheer Bag   | Football, Basketball & Competition  | TBD           |            | 2            |

- Sneakers from last season if in very good condition, may be reused this season
- Some body liners may be available to use-see coaches before order is due and must be returned in the same fashion as you received it or you will have to purchase these item
- If you would like to have your own set of pom-poms you may order them this year and you will not return these at the end of the year
- For FOOTBALL only, if you wish to wear an ear warmer band for cold games, it must be white. You may purchase that and your white gloves at the store of your choice.
- EVERYONE must have a clear, hooded raincoat. If you have one of these at home you do not have to order one. However, it must be clear, hooded and plain with no design or writing on it.

Fundraisers will be available during the summer months to help cover the costs of these items. The money YOU raise will go toward YOUR Balance due. There will be 3 installments due throughout the summer. Each installment must be paid in full for your order to be placed. The first installment will be due \_\_\_\_\_. The order forms will be given out at team selection day.

Competition Team: The competition team may have additional expenses if they travel to Nationals-We do fundraisers for these events or a buy out is offered.



2017-2018 Cheerleading Try out Information

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Parents Email: \_\_\_\_\_

Phone # of Cheerleader: \_\_\_\_\_

Phone # of Parents: \_\_\_\_\_

Are you currently a member of any club, organization, or team that practices after school/evening? Please list all organizations:

\_\_\_\_\_

List all honors and awards you have received at school:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ I have read the Cheerleading Constitution

\*\*\*\*\*COACH NOTES BELOW\*\*\*\*\*

\_\_\_\_\_ Teacher Evaluations Received

\_\_\_\_\_ Signed Acknowledgement of Risk and Consent to Participate Form

\_\_\_\_\_ Copy of Report Card

Teams trying out for: Football/Competition/Basketball

Teams Selected for:

Football \_\_\_\_\_ Competition \_\_\_\_\_ Basketball \_\_\_\_\_