

## HHS Cheerleading Tryout Details

In order to be eligible for tryouts, all forms and the tryout fee must be submitted to the front office of HHS by **Friday, February 24th**.

**HHS Tryout Clinic:** Tuesday, April 4th – Thursday, April 6th (3:30pm – 5:00pm) in main gym at HHS

**HHS Cheer Tryouts:** Friday, April 7th (beginning at 3:15pm)

Cheerleading tryouts are open for all rising 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> graders who meet the following eligibility criteria. Rising 9<sup>th</sup> graders are eligible for the freshman squad, rising 10<sup>th</sup> graders are eligible for the JV squad, and rising 11<sup>th</sup> and 12<sup>th</sup> graders are eligible for the varsity squad.

### Qualifications for tryouts:

1. A candidate must have at least a 2.0 for the previous semester with no failed core classes. This rule applies to the average of 1<sup>st</sup> and 2<sup>nd</sup> nine weeks grades for HMS students. Students enrolled in math team, pre AP and AP courses will have quality points included in their class average. This grade requirement is consistent with the grade requirements listed in the HHS cheerleading constitution.
2. Each candidate must have a current Physical, Concussion, AHSAA release, Star, and Homewood City Schools release on file.
3. Each candidate and his/her parent must read and agree to the rules/expectations set forth in the HHS cheerleading constitution. This document is included with this tryout information online.
4. At least one parent or guardian must attend the **mandatory cheer meeting on Monday, February 27th at 5:15pm**. Failure to attend will result in disqualification from clinic and try-outs. The meeting will be held at HHS in the Bailey Theater.

### Tryout procedures:

1. The candidates will attend a three day tryout clinic in the HHS gym during the week of tryouts. At that time, the candidates will learn the tryout material.
2. Two independent judges and one cheerleading director will make up the judging panel. These judges will evaluate each candidate individually and in a group.
3. The candidates are expected to be able to perform the following elements and will be evaluated on all of the criteria listed below:
  - Teacher Evaluations (10) / Coach's Score (25) 35 points
  - Jumps 10 points
  - Cheers 20 points
  - Dance 20 points
  - Running tumbling 10 points
  - Back Handspring 5 points
  - Back Tuck (optional for 3 bonus pts)
4. We do not prevent anyone without tumbling skills from trying out; however, the judges and coaches will be scoring based on level of difficulty, proper technique, and execution. Higher level skills are encouraged and scored accordingly.
5. The candidates will learn an individual cheer, group cheer and group dance. These will be evaluated on precise motion placement, sharpness, enthusiasm and ability. Jumps will be evaluated on proper technique, which includes pointed toes, height and flexibility.
6. Cheerleaders with previous experience on a Homewood Middle or High School cheer squad will receive an additional 5 "Experience Points" for each year of service. Cheerleaders must have completed the season in good standing for credit. Only Homewood City School system years will qualify. Points will be added to each participant's final score.

#### Maximum Experience Points

Freshman	10 (7th and 8th)
JV	15 (7th, 8th, and 9th)
Varsity (Junior Year)	20 (7th, 8th, 9th, and JV)
Varsity (Senior Year)	25 (7th, 8th, 9th, JV, and V)

7. Scores will be collected by the Athletic Director and entered into an excel spreadsheet by a technical assistant. Scores will be rounded to two decimal places and placed in numerical order for each squad. Scores will be evaluated for a significant natural break. Teams will be posted on the athletic website at a designated time that will be announced during tryout week. Any unusual circumstances or deviations must be approved in advance by the Athletic Director.
8. For tryouts, each girls is required to wear a white shirt; red, royal or navy shorts; and tennis shoes. Hair should be in a ponytail.

## **Obligations:**

1. The cheerleader must meet all financial obligations. We attend camp and place all of our orders in the spring, so cheer bills need to be paid in full before camp. Payment dates : \*April 10<sup>th</sup> - \$350 \* Mid May – approximately \$350
2. The cheerleader must attend cheerleading camp (May 30- June 2 in Gulf Shores) and all practices pre-season, in-season, and post-season.

\*Spring practices are from April- May after school (approx. 3:00-5:00, 3 days a week).

\*Summer practice will begin in August approximately one week before school starts.

\*Fall / Winter practices are from August – February after school (approx. 3:00-4:30, 2 to 4 days a week).

## **Important Dates:**

- **Monday, April 10<sup>th</sup>- 3:00 JV uniform try-on and meeting (\$350 and all new cheerleader forms are due)**
- **Tuesday, April 11<sup>th</sup> – 3:00 Varsity uniform try-on and meeting (\$350 due and all new cheerleader forms are due)**
- **Wednesday, April 12<sup>th</sup>- 3:15 Freshman uniform try-on and meeting (\$350 and all new cheerleader forms are due)**
- **Monday, April 17<sup>th</sup> - Varsity Rep Fitting (all three squads) V- 2:15, JV- 3, F- 3:15**
- Varsity ACE days: **April 18, 25 and May 2, 9, 16 from 2:30-3:30**
- JV/FR ACE days: **April 20, 27 and May 4, 11, 18 from 7:00-8:00**
- **Saturday, May 6<sup>th</sup>- We love Homewood Day**
- **Wednesday, May 17<sup>th</sup>- Physicals at HHS**
- **Monday, May 29<sup>th</sup> – Final camp practice (3:00) and parent show (5:00)**
- **May 30<sup>th</sup> – June 2<sup>nd</sup>- Cheer Camp in Gulf Shores (parents provide a way home from camp)**
- **Monday, August 7<sup>th</sup> – Ad Picture Day at Waldrop Stadium**
- **Mandatory August Practices: August 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 7<sup>th</sup> from 3:15-5:00**

Cheerleading Coaches:

Shea Appell - [sappell@homewood.k12.al.us](mailto:sappell@homewood.k12.al.us)

Leah Chancellor (Varsity) - [lchancellor@homewood.k12.al.us](mailto:lchancellor@homewood.k12.al.us)

Kathleen Martin (JV) - [kamartin@homewood.k12.al.us](mailto:kamartin@homewood.k12.al.us)

Charlotte Sinor (Freshman) - [csinor@homewood.k12.al.us](mailto:csinor@homewood.k12.al.us)

# Homewood High School Cheerleading

## Tryout Registration Form

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\*Completed tryout registration materials are due to the HHS front office no later than **Friday, February 24th**.

Name: \_\_\_\_\_ Current grade level: \_\_\_\_\_

Parent name(s): \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Primary Guardian cell: \_\_\_\_\_ Student cell: \_\_\_\_\_

Primary Guardian email address: \_\_\_\_\_

Have you participated in Homewood athletics in the 2016-2017 school year? \_\_\_\_\_

Please check the years that you have been an HMS or an HHS cheerleader:

\_\_\_ 7<sup>th</sup> grade      \_\_\_ 8<sup>th</sup> grade      \_\_\_ 9<sup>th</sup> grade      \_\_\_ 10<sup>th</sup> grade      \_\_\_ 11<sup>th</sup> grade

If you have not cheered in Homewood schools, but have cheered for another school, please complete the following information that will help us get information for the coach's score:

School- \_\_\_\_\_ Year(s)- \_\_\_\_\_

Coach's name- \_\_\_\_\_

### To Be Turned in to the HHS Front Office:

1. The completed *tryout registration form*
2. The \$20 tryout fee (Make checks payable to Homewood High School and include a phone #.)
3. A copy of your insurance card
4. A copy of your schedule printed out from INow (2<sup>nd</sup> Semester classes) for teacher scores.

\*Please keep the *tryout details handout* and the *cheerleading constitution* for your reference.

Please let me know if you have any questions. Thank you!

Shea Appell

HHS Cheerleading Head Coach

[sappell@homewood.k12.al.us](mailto:sappell@homewood.k12.al.us)

## **HOMWOOD HIGH SCHOOL CHEERLEADING CONSTITUTION**

This constitution is not a complete list of any and all regulations and expectations concerning the cheerleaders; therefore, it is the prerogative and responsibility of the coaches to use common sense in dictating rules that cannot be written.

With any honor comes a certain degree of responsibility. The honor of representing the team, the students, and the community requires that a cheerleader maintain a conscientious attitude at all times, both in extracurricular and academic activities. Cheerleading must be your first extracurricular responsibility. Jobs, competition cheerleading or other after school activities should not interfere with cheerleading responsibilities. The rules and regulations of this constitution will serve as a guideline to help you successfully meet the responsibilities of being a cheerleader. However, the Cheerleading Program is by no means strictly confined only to activities, rules and regulations that are explicitly defined in this constitution.

The Homewood High School Cheerleading Program follows the AACCA High School Safety Rules and the NFHS Spirit Rules.

### **CHEERLEADER RESPONSIBILITIES:**

All Varsity, Junior Varsity, and Freshmen Cheerleaders will:

1. Cheer at football games, basketball games and any other sporting events deemed necessary by the cheerleading sponsors. This will include regular season and play-off games.
2. Participate in Homewood and city parades.
3. Attend mandatory practices (in-season and summer).
4. Attend the entire school day (no check ins or outs) on the day of a game or a pep rally unless pre-approved (1 week) by the sponsor.
5. Attend all HHS Cheerleading sanctioned events beyond the activities described above.

Failure to comply with the above will result in consequences listed on demerit sheet.

### **CHEERLEADER BEHAVIOR:**

As representatives and leaders of Homewood High School, cheerleaders shall conduct themselves in a responsible and dignified manner at all times. They should continually exemplify strong character and leadership qualities.

1. No smoking or drinking on or off campus.
2. No bickering among the individual squads or the program.
3. No breaking of any school rule that will result in suspension, in or out of school.
4. No violating the Homewood High School honor code.
5. No breaking camp rules during summer camp.
6. No exhibiting behaviors that are unbecoming of a HHS cheerleader.

If a cheerleader fails to abide by these rules, he/she will receive the following consequences:

1<sup>st</sup> offense – The cheerleader will sit out of the next two events.

2<sup>nd</sup> offense – The cheerleader will sit out of the next four events.

3<sup>rd</sup> offense – The cheerleader will be permanently suspended from the cheerleading squad.

\*After the 2<sup>nd</sup> or 3<sup>rd</sup> offense, the cheerleading directors, athletic director and the administration will use discretion when determining whether the cheerleader will be allowed to try out for cheerleading the following year.

\*The above consequences are based on infractions occurring all in the same year.

\*Repeated infractions throughout the cheerleader's high school career may result in dismissal from the cheerleading squad and/or the inability to try out for cheerleading.

### **COACHES:**

The coaches of these squads are appointed by the principal and approved by the Homewood City School Board. Throughout the year the coaches will inform the cheerleaders about all practices, games, meetings, and projects the cheerleaders will undertake. Because not every situation can be foreseen, it is the right and responsibility of the coaches to handle these situations with common sense and act in the best interest of the HHS Cheerleading Program.

### **TRYOUTS:**

In staying consistent with the cheerleading expectations for grades, a candidate must have at least a 2.0 for the previous semester with no failed core classes. This rule applies to the average of 1<sup>st</sup> and 2<sup>nd</sup> nine weeks grades at HMS. Students enrolled in math team, pre AP and AP courses will have quality points included in their class averages in each class.

### ACADEMICS:

Cheerleaders must maintain a "C" average in each class. Students enrolled in math team, pre AP and AP courses will have quality points included in their class averages. Grades will be assessed at the interim of each grading period and at the end of each nine weeks/semester.

### 2, 4 and 6 week progress reports:

D or F = study hours and other helpful measures will be assigned

### End of 9 weeks and Semester:

D or F= The cheerleader will begin a probation period.

\*If a cheerleader remains on grade probation for an extended period of time, the cheerleading directors, athletic director and administration will use discretion when determining whether the cheerleader will be allowed to try out for cheerleading the following year.

### GRADES:

Grades in cheerleading will be determined by the demerit system. A separate demerit list will be provided to the cheerleaders.

### PARTICIPATION:

Cheerleading is a team sport. In order for our squad to be successful, each member is required to give 100%. Responsibilities that are not met will result in demerits or other forms of punishment determined by the coaches depending on the situation. Acquiring a set number of demerits will result in suspension from cheerleading activities. Coaches will keep a record of each individual's infractions. Demerits will be reflected in the cheerleading grade. Demerits will start over at the beginning of each nine weeks.

- Nine demerits (91 average) – The sponsor will make a parent contact to discuss the demerits and develop a plan to minimize the number of demerits accrued in the future.
- Fifteen demerits (85 average) – Two week probation and parent conference.
- Twenty demerits (80 average) - Permanent suspension from squad. The cheer directors, athletic director and the administration will use discretion when determining whether the cheerleader will be allowed to tryout for cheerleading the following year.

### FINANCES:

Each cheerleader will be issued a report that will include all of the expenses for the cheerleading season. The sponsors will enforce the payment of the deadlines.

### TRANSPORTATION:

The cheerleaders will provide their own transportation to home, away area, and over-the-mountain games. Otherwise, the squads will travel together in provided transportation to be determined by the coaches.

### ABSENCES AND TARDIES:

All practices, games and events are mandatory unless the coach specifically states otherwise. Excused absences are illness, death in the family, and scheduled school related function.

A cheerleader is not eligible to participate in any after school event if she does not attend a full school day due to illness.

Tardiness during the school day will be handled through the office. Tardiness to after school events will result in extra running and/or demerits.

### GRIEVANCE PROCEDURE:

We expect and encourage communication between parents, cheerleaders, and coaches. We welcome discussion regarding any concerns or ideas that any party may have.

Please use the following order to communicate any cheerleading concerns:

1. Cheerleading Sponsor
2. Cheerleading Head Coach
3. Athletic Director
4. Principal