

Gilroy High School
Cheer Program
2021/2022
Try-Out Packet



**Return Tryout Application and
GUSD Voluntary Activities Participation Form to
Gilroycheer123@gmail.com
No Later than Wednesday, May 12th at 5pm**

Everything you need to try-out will be in this packet. This Packet is scored as part of your overall tryout score. Please follow all instructions, complete and return the following:

1. Tryout Application,
2. Grade Check with current grades,
3. GHS Cheer Program Essay (Please answer all questions attached to this packet),
4. Two (2) Teacher Evaluation (New Candidates Only),
5. One (1) Adult Recommendation (Preferrably not a family member and preferably outside of school,
6. GUSD Voluntary Participation Form (Bring to Tryout), and
7. Negative Covid-19 Test Results dated between May 10th and May 14th. (Bring to Tryout)

**ALL REQUIRED PAPERWORK MUST BE COMPLETED IN ORDER TO
PARTICIPATE DURING TRYOUT CLINICS.**

TRYOUT CLINICS FOR NEW PARTICIPANTS

Candidates will learn motions, jump & stunt technique, game material, and a dance. All clinics are MANDATORY. We progress quickly at clinics, come ready to work.

Attendance/participation points will be added to overall tryout scores.

TRYOUT

Candidates will be evaluated on jump & stunt technique, game material and dance choreography.

NEW PARTICIPANT TRYOUT CLINIC AND TRYOUT CALENDAR

Day	Date	Time	Description	Location
Tuesday	May 18, 2021	5:00 - 7:00 PM	Clinic - ALL Candidates	Wheeler Center 270 W. 6th Street Gilroy, CA 95020
Tuesday	May 18, 2021	7:00 PM	Mandatory Parent Meeting	Wheeler Center 270 W. 6th Street Gilroy, CA 95020
Thursday	May 20, 2021	5:00 - 7:00 PM	Clinic - ALL Candidates	Wheeler Center 270 W. 6th Street Gilroy, CA 95020
Thursday	May 20, 2021	5:00 PM	Returning Cheerleader Tryout Video Due	Please send to Gilroycheer123@gmail.com
Friday	May 21, 2021	5:00 PM	TRYOUTS for new participants!!	Wheeler Center 270 W. 6th Street Gilroy, CA 95020

**Girloy High School Cheer
Tryout Application**

CIRCLE ONE:

FROSH CHEER

JV CHEER

VARSITY CHEER

ALL

Students Name: _____

Current School: _____

Student's School ID #: _____

Parent Name: _____

Address: _____

Home Phone: _____ **Work Phone:** _____

Student Cell: _____ **Parent Cell:** _____

Date of Birth: _____ **Age:** _____

Student Email Address: _____

Parent Email Address: _____

Grade 2020/2021: _____ **GPA 3rd Quarter:** _____

Experience or Skills (Cheer, Dance, Gymnastics Performing:

NEW PARTICIPANT TRYOUT REQUIREMENTS

CHEER TEAM TRYOUT CLINIC REQUIREMENTS

- Mandatory Parent Meeting
- All clinic workshops are required.
- One missed clinic could result in the participant being dropped from tryouts.
- Participants must be on time each day.
- Hair must be pulled back neatly, in a ponytail.
- Practice attire for all clinic workshops and tryout should include blue or black short, white t-shirt and hair pulled back.
- Absolutely no jewelry is allowed.
- No gum

TRY OUT PERFORMANCE REQUIREMENTS

Applicants must display sharp, precise moves, show energy, spirit and smile, have enthusiastic showmanship and demonstrate crowd control and involvement. Special skills and original choreography should be practiced individually. All cheer applicants will learn and perform the following:

- 3 cheers
- Dance Routine
- Fight Song (required for VARSITY applicants only)
- Jumps

RETURNING CHEERLEADER VIRTUAL TRYOUT

Everything you need to try-out will be in this packet. We have also included a RUBRIC for you to follow so you do not leave anything out of your tryout video. Feel free to print the RUBRIC to help you remember what should be included in your tryout video. Once your video is complete, please send it to Gilroycheer123@gmail.com Good luck and show us why you should be selected to be a GHS Cheerleader again!!

RETURNING CHEERLEADER VIRTUAL TRYOUT PERFORMANCE REQUIREMENTS

- Introduction Video
- Interview Questions
- 2 Cheers/1 Chant
- Dance Routine
- Fight Song
- Jumps

VIRTUAL TRYOUT RUBRIC

1. Intro/Interview
 - a. Name
 - b. Grade 2021/2022 School Year
 - c. Interview Questions
2. Cheer/Chant
 - a. Please perform 2 cheers and 1 chant
3. Jumps
 - a. Toe Touch
 - b. Right Hurdler/Left Hurdler
 - c. Pike
4. Flexibility
 - a. Please **tell** us if you can do the splits (Right, Left and Middle). You do not need to show us on video.
5. Tumbling (Please tell us what you can do)
 - a. Back Handspring
 - b. Back Tuck
 - c. Round Off Back Handspring
 - d. Round Of Tuck
6. Stunts
 - a. Have you stunted?
 - b. What role do you play in stunting? (Base, Back Spot, Front Spot or Flyer)
7. Dance
 - a. You will be responsible for learning and performing a dance. The link to the choreography will be sent the Monday of the week of tryouts.

GILROY HIGH SCHOOL CHEER PROGRAM
INTERVIEW QUESTIONS
Essay for New Participants
Video for Returning Cheerleaders

Please address the following questions in the interview portion of your tryout video.

1. Why are cheerleaders important to our school and our community?
2. What does being a Gilroy High School Cheerleader mean to you? Why are you interested in being part of this program?
3. Have you ever held a leadership position in any organization or on any team? If so, please explain.
4. How will you be a positive role model on our team? What will you do to make sure your team is bonded?
5. It is important for everyone on our team to trust each other and support one another. That includes coaches trusting cheerleaders. We should feel like a family. Do you agree? Why or why not?
6. Please list all other sports, after school activities, or leadership activities you plan to participate in during the 2021/2022 school year.

*****PLEASE READ CAREFULLY PRIOR TO SIGNING AND TRYING OUT*****

Welcome to the Gilroy High School Cheer Team Tryout. Participation in the program will be one of the most exciting and fun experiences you have while attending Gilroy High School. As a member of this team, you are offered the opportunity for great personal growth, leadership development, and involvement in many different and exciting activities. Please discuss these considerations, evaluate your priorities, and if you and your parents' consent, complete the Application Form and Handbook Agreement.

The Cheer Team will consist of Frosh Cheer, Junior Varsity Cheer, and Varsity Cheer for the 2021/2022 season.

To be an effective member of this team, you must commit a great deal of time throughout the entire school year. Social plans, job schedules, and other sports cannot interfere with practices and games. Per school policy, you may not quit one sport to join another. There will be zero exceptions to this rule. We expect all team members to be 100% committed for Football, Wrestling and Basketball seasons. A team member must maintain the required academic standard of a 2.0 GPA and pass 5 classes with zero "F" grades and zero "N" marks in citizenship. If selected for the team, 2nd semester grades will determine eligibility for fall sports.

Gilroy High School Cheer Team members attend a summer cheerleading/stunt camp with the team and coaches. Camp is 2 days with professional cheerleading and stunt instructors. Some of the cheerleading/stunt material we use throughout the year is learned at camp. While camp is not mandatory, we highly recommend all cheerleaders attend and participate. It is one of the many ways the cheerleaders will form a team bond.

The Gilroy High School Cheerleaders perform at rallies, football games, basketball games, wrestling meets as well as support other sports and school activities when called upon. All selected Gilroy High School Cheerleaders are responsible for other school events and on occasion, community events as well.

This team demands time, loyalty, unity, dedication and commitment. Before applying/trying out, please consider the following:

1. Class and work schedules
2. Personal time and other involvements
3. Ability to commit to this program for all 11 months and two consecutive sport seasons of the school year
4. Other sports that may conflict with practice/game schedules (example: basketball, swimming, gymnastics, softball, etc.)

TEAM MISSION

Our team mission is to promote and uphold school spirit, unity and pride. You must represent the school to the highest degree. We ALWAYS expect all cheerleaders to set an example of good behavior and sportsmanship (whether in uniform or not). We expect Cheerleaders to promote friendship with each other and with the schools with whom we perform with.

EDUCATIONAL VALUE TO GILROY HIGH SCHOOL

Membership on the Gilroy High School Cheer Team offers a unique opportunity for personal growth, leadership and involvement in diverse activities. The attitude, dedication and enthusiasm of squad members is just as important as the skills involved in spirit leading. Members of the Cheer Team are expected to be committed to the highest level of athleticism, performance, self-discipline, respect for our school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

PARTICIPATION RESPONSIBILITIES

- Summer Training – Dates will be provided at the first Booster Club Meeting.
- Summer Cheer Camp
- Participation in the Fireworks Booth Fundraiser
- Participation in the Garlic Festival (Pre-Festival Prep that takes place off site, Garlic Festival set up, working the Garlic Festival or working the tear down of the festival).
- After school practice 3 days a week beginning the first week of school.
- All assigned football and basketball games.
- All school pep rallies.
- Additional events such as Back to School Night, Mustang Madness, Mustang Mania and Gifted Games.
- Any additional community events such as Gilroy Rodeo, Wyatt's Walk, etc.

GHS CHEER TEAM STANDARDS

Athletes understand that teamwork and the maintenance of discipline is key to the success of the cheer program. Members are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Program Standards is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of the uniform, directly reflects on the entire team and school. It is recognized that these standards are necessary to maintain squad morale, squad individual discipline and effective learning. Consistent enforcement of the rules and regulations is also necessary to ensure the safety and general well being of each individual member. Participation in cheer is voluntary, not mandatory. It is a PRIVILEGE, not a right and may be revoked by the coaches/school personnel when a cheerleader violates the rules and regulations.

ELIGIBILITY

- Second semester grades will be used for initial eligibility. Participants must have at least a 2.0 GPA with zero "F" grades and zero "N" marks in citizenship.

- The Gilroy High School Cheer Team contract must be signed by the participant as well as a parent.
- The Gilroy High School Cheer Team must take priority over all extra-curricular activities for the entire length of the commitment.

CONDUCT

- Promoting good sportsmanship by way of example is always required. Foul language at practices, in school or at games will not be tolerated.
- Proper appearance is always required. Keep clothing appropriate to the occasion.
- By signing this contract and becoming part of the Gilroy High School Cheer Team, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Exemplary behavior is always required, anywhere in the community and at school functions where you are a representative of Gilroy High School.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of administration if deemed necessary, has the final decision in any disciplinary situation.
- Every attempt will be made to discipline fairly and equally.

ATTENDANCE

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent or tardy.
- Absences should always be avoided when possible.
- Absences must be excused PRIOR to a practice or game. An email, text or phone call should be made to ALL COACHES if you are sick. Failure to notify a coach will result in an appropriate consequence decided by the coaching staff.
- Missing a scheduled practice, the day before a game, may result in removal from a halftime performance.
- If you miss a game and it is unexcused, you will sit out the next game. You must be at a game to sit out and this game will also count as a missed game.
- Each cheerleader will be given one game pass for Football season and one game pass for Basketball season. Said game pass is not be used for Senior Nights, Homecoming or the Severance Bowl.

PRACTICES

- Practices are mandatory.
- Athletes must arrive to practice on time, wearing the appropriate practice attire.
- Hair pulled back and secured in a ponytail.
- NO GUM.
- NO JEWELRY!!! NO EXCEPTIONS!!!
- Stunt appropriate nail length.
- All taping or visits to the athletic trainer must be done prior to practice start time.

- If you have to miss practice for any reason, you are required to email, call or text ALL COACHES prior to the start time of practice. Failure to notify your coach will result in discipline to be determined by the coach.
- Missing practices with a valid excuse could potentially lead to being removed from a routine, a position or a stunt, due to not physically being available to practice.
- Missing the practice prior to a game, could result in losing a spot in the stunting/performance.

GAMES

- Games are mandatory. Game passes cannot be used for games when a big performance is planned.
- Members are required to arrive on time, 45 minutes prior to game start time, game ready (uniform, shoes, poms, warmups in bag and hair up with specific cheer bow)
- All taping or visits to the athletic trainer must be done prior to arrival at the game.
- All cheer squad members must know all cheers and routines for the game. Cheer testing will be done prior to the start of Football season. A cheerleader will sit out if that cheerleader does not pass the cheer test.
- Makeup should be worn in moderation.
- NO JEWELRY OF ANY KIND!!! NO EXCEPTIONS!
- Nails should be athletic length.
- NO GUM.
- During game suspensions, the squad member will sit in uniform with the coaches for the entire game and help where needed.

UNIFORMS/APPEARANCE

- Uniforms must be clean and in good condition.
- Team athletic shoes must be clean.
- All squad members must have the same uniform look.
- Appropriate behavior MUST be used while wearing your uniforms or any type of cheer identifying apparel.
- NO JEWELRY is allowed during practices, performances or games.
- Bra must not be showing.
- No gum chewing during practices, performances or games.
- All phones must be turned off during practices, performances and games. If we start to experience an issue with phones, we will collect phones from cheer team members at the beginning of practices and games and return phones at the end of a practice or game.
- Hair must be worn the same, as a team, as directed by the coach.
- Members must wear their team-designated outfit to school on game days.

TRANSPORTATION

Cheerleaders are not allowed to drive to away games with other members that have not been cleared by the District to drive. They must ride with an authorized and approved driver/parent. If a bus has been secured for the team, everyone will be expected to travel to and from the away game on the bus.

DISCIPLINE POLICY

The following policy has been developed as a tool to promote teamwork, equality, self-discipline and responsibility. DISRESPECT to any team member or coaching staff at any time warrants dismissal. There will be NO talking back or rude comments. Disciplinary action may result from the following:

- Tardiness.
- Wearing Jewelry (ALL JEWELRY IS INCLUDED).
- Untidy Uniform.
- Talking to fans or other cheerleaders excessively during games.
- Inappropriate social media posting.
- Display of unsportsmanlike conduct.
- Uncooperative attitude.
- Absent from games, practices or other Gilroy High School Cheer functions.

The following violations will be grounds for **immediate dismissal** from the program.

- Underage alcohol consumption, drug use, use of tobacco products, steroids, or any other controlled substances.
- Discipline issues on campus.
- Involvement in any type of physical altercation

RISKS AND PRECAUTIONS EXPECTATIONS

The athleticism of cheerleading has obvious risks. All necessary precautions of warming up and stretching prior to participating in any Gilroy High School Cheerleading related event will be taken. All team rules and protocols will be followed when practicing or performing stunts. Stunts are not to be attempted that have not been introduced by the Coach. Stunts will not be practiced nor performed without the supervision of a Gilroy High School Cheer coach. The potential for injury involved in participating in the sport of cheerleading should be acknowledged.

We have read the tryout packet information thoroughly, understand all that is required to be a Gilroy High School Cheer Team Member and have permission to try out for a Gilroy High School Cheer Team Member position.

Student Signature: _____

Parent Signature: _____

DIRECTIONS FOR THE TEACHER EVALUATION FORMS

- Give one form to two different teachers from your school, but not more than 1 coach that you have had during the 2021/2022 school year.
- These forms are to remain confidential between Cheer Coaches and the Teacher.
- Forms looked at or turned in by a student will NOT be accepted.
- Participants should ask their teachers to send the form to gilroycheer123@gmail.com

Teacher Evaluation

CONFIDENTIAL

Directions: Please return this evaluation via email to gilroycheer123@gmail.com by 5pm on May 12, 2021.

Candidate's Name: _____

Teacher/Adult Evaluating Candidate: _____

Your relationship with the Candidate: _____

Please list your contact information below in case the Advisor needs to contact you regarding your evaluation/recommendation.

Email: _____ Ph: _____

Please rate student on a scale from 1 - 5 (5 being the highest or best)

1. Attendance / Punctuality	1	2	3	4	5
2. Respect for Authority	1	2	3	4	5
3. Respect of Peers	1	2	3	4	5
4. Effort / Quality of Work:	1	2	3	4	5
5. Honesty and Integrity	1	2	3	4	5

Is there any reason why you would not recommend this student for the Gilroy High School Cheerleading Program?

Circle: YES NO

If you answered yes, please explain.

Additional Comments:

Signature: _____ Date: _____

Adult Outside of School Evaluation
CONFIDENTIAL

Directions: Please return this evaluation via email to gilroycheer123@gmail.com by 5pm on May 12, 2021.

Candidate's Name: _____

Teacher/Adult Evaluating Candidate: _____

Your relationship with the Candidate: _____

Please list your contact information below in case the Advisor needs to contact you regarding your evaluation/recommendation.

Email: _____ Ph: _____

Please rate student on a scale from 1 - 5 (5 being the highest or best)

1. Attendance / Punctuality	1	2	3	4	5
2. Respect for Authority	1	2	3	4	5
3. Respect of Peers	1	2	3	4	5
4. Effort / Quality of Work:	1	2	3	4	5
5. Honesty and Integrity	1	2	3	4	5

Is there any reason why you would not recommend this student for the Gilroy High School Cheerleading Program?

Circle: YES NO

If you answered yes, please explain.

Additional Comments:

Signature: _____ Date: _____