

Gilroy High School
Cheer Program
2023/2024
Try-Out Packet



**Return Tryout Application and
GUSD Voluntary Activities Participation Form to
Gilroy High ASB office**
No later than Monday, April 10th at 4pm

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 (NO family members or close friends) and
6. GUSD Voluntary Participation Form (Bring to Tryout).

TRYOUT CLINIC AND TRYOUT CALENDAR

Day	Date	Time	Description	Location
Tuesday	April 11, 2023	5:00 - 7:00 PM	Clinic - ALL Candidates	GHS
Tuesday	April 11, 2023	7:00 PM	Mandatory Parent Meeting	GHS
Wednesday	April 12, 2023	5:00 - 7:00 PM	Clinic - ALL Candidates	GHS
Thursday	April 13, 2023	5:00 - 6 PM	Clinic - New Candidates ONLY	GHS
Thursday	April 13, 2023	6:00 -7:00 PM	Clinic - ALL Candidates	GHS
Friday	April 14, 2023	4:00 PM	TRYOUT ALL CANDIDATES	GHS

PARTICIPANT TRYOUT REQUIREMENTS

Note: In order to be considered for this team the tryout packet must be filled out completely to your best ability.

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:
 - school appropriate shorts or leggings, NO SHORT SHORTS, spansks should be worn under cheer shorts
 - school appropriate athletic t shirts or tank top, NO spaghetti straps, NO CROP TOPS, If mid drift or belly button is showing you will be sent home,
 - Athletic sneakers or cheer shoes only. No vans, converse, air force ones, sandals will be allowed, we will send you home.
- Absolutely **no** jewelry is allowed (this includes nose rings, belly buttons and ear piercings)
- 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
- Jumps
- Tumbling if applicable

COMPETITION TEAM CONSIDERATION

We will be participating in the CIF CCS Traditional Cheer Competition and maybe 1 or 2 more separate competitions this upcoming year. This team will consist of 20 athletes and 2 alternatives, in case of injuries, eligibility, and any other mishaps. Competition season will begin directly after football season in the beginning/mid of November. These team members will still be required to participate in ALL football, basketball, soccer games and any other events.

POSSIBLE POINT BREAKDOWN:

Please be aware that the points listed are the maximum amount you can receive in each section. Deductions can and will be made for various reasons.

TRYOUT PACKET - 35 points

- completed correctly (25)
- turned in on time (10)

TRYOUT CLINICS - 30 points

- attendance (15)
- overall appearance and attitude (15)

MAIN TRYOUT - 75 points

- Entrance (15)
- Jumps (15)
- Cheer (20)
- Tryout Dance (20)
- Tumbling (5)

Total points: 140 points

**Gilroy High School Cheer
Tryout Application**

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 2023/2024: _____ GPA 1st Semester: _____

Experience or Skills (Cheer, Dance, Gymnastics, Performing):

GILROY HIGH SCHOOL CHEER PROGRAM
ESSAY QUESTIONS

Please address the following questions in a typed double spaced MINIMUM 2 page essay. Please print out and attach your essay to your packet.

1. Introduce yourself! Include your cheer background, any other sports background, extracurricular activities you are currently participating in or plan to participate in, previous leadership positions (if any), and anything else you'd like us to know about you.
2. Why do you believe you deserve a spot on our cheer team? What differs you from the other candidates?
3. What are your best qualities? What do you think you need to work on?
4. How do you plan to balance school and cheerleading? What would you do if you found yourself overwhelmed with school and cheer practice?
5. List and explain three characteristics that you feel are most important for cheerleaders to possess.
6. If you made the cheer team, what would you do to bring a spirit to your school? How would you try to get your classmates and teachers involved with school spirit, rallies, games, and other activities on campus?

*****PLEASE READ CAREFULLY PRIOR TO SIGNING AND TRYING OUT*****
(please ONLY turn in the signature page)

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 Junior Varsity Cheer, and Varsity Cheer for the 2023/2024 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 and Soccer 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 4 days with professional cheerleading and stunt instructors. Some of the cheerleading/stunt material we use throughout the year is learned at camp. 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, soccer games 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
- After school practice 3-4 days a week, beginning the first week of school.
- All assigned 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 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 potentially 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.
- If you miss 4 or more unexcused practices you will be REMOVED from the team indefinitely
- If you miss a choreography practice for a routine you will not be placed in the routine
- 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 of the first half of the next game. You will still be required to attend the game.
- Each cheerleader will be given one game pass for Football season and one game pass for Basketball season. Said game pass is not to be used for Senior Nights, Homecoming or the Severance Bowl.

PRACTICES

- Practice is 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. (no long fake nails!!)
- 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 posts.
- 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 EVALUATION FORMS

TEACHER EVALUATION

- Give one form to two different teachers from your school, but not more than 1 coach that you have had during the 2023/2024 school year.
- These forms are to remain confidential between Cheer Coaches and the Teacher.
- Forms not in a sealed envelope or turned in by a student will NOT be accepted.
- Participants should ask their teachers to send the form to gilroycheer123@gmail.com or place into our cheer mailbox in the GHS ASB office

ADULT EVALUATION

- Give one form to ONE adult from your personal life. For example, your boss, manager, employee, neighbor, life coach, pastor, youth leader ect. Please avoid **ALL FAMILY MEMBERS**
- These forms are to remain confidential between Cheer Coaches and Adult
- Evaluation should be sealed in an envelope
- Forms not sealed in an envelope will not be accepted
- These forms should be turned in with your completed packet

Teacher Evaluation
CONFIDENTIAL

Directions: Please return this evaluation via email to gilroycheer123@gmail.com or seal and deliver it to our Cheer mailbox located in the ASB office no later than April 10th by 4 pm.

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: _____

Teacher Evaluation
CONFIDENTIAL

Directions: Please return this evaluation via email to gilroycheer123@gmail.com or seal and deliver it to our Cheer mailbox located in the ASB office no later than April 10th by 4 pm

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
Not to be prepared by family member
CONFIDENTIAL

Directions: Please seal in envelope and return to cheerleader

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: _____