



## **PLHS Cheer Tryouts - Packet Submission Checklist**

(All of the following must be turned in together, in packet form)

### **SUBMIT TO AMY DENNEY (PLHS ROOM 405) PRIOR TO THURSDAY, MAY 23<sup>RD</sup>:**

(Mrs. Denney will be available to receive packets during lunch on Monday 5/20 through Thursday, 5/23 AND after school until 3:15 on Thursday 5/23.)

- \_\_\_\_\_ **1. Official 12 Week Progress Report** (San Diego Unified Students) or Most Recent Semester Report Card (Non-San Diego Unified Students Only)
- \_\_\_\_\_ **2. PLHS Cheer 2019-20 Cheerleading Tryout Application**
- \_\_\_\_\_ **3. PLHS Cheer 2019-20 Cheerleading Tryout Contract** (\*Signature page only)
- \_\_\_\_\_ **4. Picture** (no larger than 4x6 – please staple or paperclip to application)

**Cheer Application, Contract & Handbook can be found at [www.pointlomacheer.com](http://www.pointlomacheer.com) under “TRYOUTS”**

### **SUBMIT TO BRIAN CARTER (PLHS OFFICE) PRIOR TO TUESDAY, JUNE 4<sup>TH</sup>:**

- \_\_\_\_\_ **5. ATHLETIC CLEARANCE** - In order to be CLEARED for cheer tryouts (and athletic participation), you must go to [www.athleticclearance.com](http://www.athleticclearance.com) and complete the designated forms. After you have completed the online clearance forms, please submit the following to Brian Carter in the PLHS Office:
  - 1)** Signed confirmation e-mail (sent to you after completion of online packet)
  - 2)** Completed Sports Physical
    - a. Physical must be completed AFTER June 1<sup>st</sup> and BEFORE June 4<sup>th</sup>. \*\*  
(can be completed at SD High School on Saturday, June 1 at 9am  
OR on your own, at any CVS Minute Clinic, or by prearranging a physical with your personal physician on June 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>.)
  - 3)** Medical Insurance Card

**\*\*Note:** The district changed Athletic Clearance date this year. We realize this is a very small window in which to receive athletic clearance and have made every arrangement possible to assist cheerleaders in getting clearance prior to the tryout date.

**All of this MUST be 100% COMPLETED prior to Tuesday, June 4<sup>th</sup> or you cannot be cleared to tryout**

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# PLHS Cheer 2019-20 Cheerleading Tryout Application

**Please print the following information clearly.**

Grade Next Year 2019/2020: 9 \_\_\_\_ 10 \_\_\_\_ 11 \_\_\_\_ 12 \_\_\_\_

School Attending Now: \_\_\_\_\_

Date of Birth: (Month/Day/Year) \_\_\_\_\_

Team Trying Out For: Varsity \_\_\_\_ JV \_\_\_\_ (mark one or both)

## Personal Information

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

Home Phone: \_\_\_\_\_

Candidate Cell Phone Number: \_\_\_\_\_

Parent Cell Phone Number: \_\_\_\_\_

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

\_\_\_\_\_

Parent/Legal Guardian: \_\_\_\_\_

Employer: \_\_\_\_\_

Business Phone: \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

Candidate Email Address: \_\_\_\_\_

Emergency Name & Relationship: \_\_\_\_\_

Emergency Contact: Phone: \_\_\_\_\_

## Medical Information

1. Are you allergic to any medications? Yes No If yes, please list:

\_\_\_\_\_

2. Are you currently taking any medications? Yes No If yes, please list:

\_\_\_\_\_

3. Are you currently being treated for any injuries? Yes No If yes, please list:

\_\_\_\_\_

## Questionnaire

*(Answers may be attached on separate sheet, if more space is needed. Please staple pages together!)*

1. Why do you want to be a PLHS Cheerleader?
2. What do you consider to be the duties of a cheerleader?
3. Are you currently a member of any extracurricular activities, clubs, organizations, job or sports' team requiring additional meeting/practice time? If so, please list:
4. Please list any summer obligations/trips/summer school that might interfere with cheer practice and/or summer fundraisers and summer cheer camps shown on calendar (also listed in Contract):
5. Additional comments or information you would like us to know about you:

My child, \_\_\_\_\_, has my permission to tryout out for the 2019-20 Point Loma High School Cheerleading Squad. I understand that she/he must abide by the rules and regulations set forth by the advisor, coach, and administration of Point Loma High School and be present for all practice and tryout sessions. **I have read the regulations and understand that all required forms must be completed or my child will not be allowed to tryout.**

- I understand that my child will be evaluated by qualified judges and agree to abide by the decision of the judges.
- I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach is; no matter how many spotters are used; and no matter what landing surface is used; risk cannot be eliminated. The risk of injury includes minor injuries and catastrophic injuries.
- I understand the risks and will not hold Point Loma High School or any of its personnel responsible in case of accident or injury at any time.

\_\_\_\_\_  
Student Name (print)

\_\_\_\_\_  
Parent Name (print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

# **Point Loma High School Cheer Cheerleading Tryout Contract 2019-2020**

Faculty Advisor: Amy Denney

Head Coach: Jesse Chavez

Administrator: Kelly Lowry

## **Before Tryouts:**

- It is **required** that each candidate complete and submit a **Cheerleading Tryout Application**
- It is **required** that each candidate complete the district's **Athletic Clearance protocol**, which includes **proof of valid health insurance** and a **physical exam performed AFTER June 1<sup>st</sup> AND BEFORE the tryout start date June 4, 2019**\*\*
  - \*\*We realize this is a very small window in which to receive athletic clearance and have made every arrangement possible to assist cheerleaders in getting clearance within that window. They **MUST** be cleared in order to tryout.
- a. **Athletic Clearance** can be completed at [www.AthleticClearance.com](http://www.AthleticClearance.com) (on or after June 1, 2019).
- b. After you have completed the online clearance forms, it is **required** that each candidate submit the following to Brian Carter (in person or electronically to [bcarter@sandi.net](mailto:bcarter@sandi.net)) :
  - i. Signed Confirmation e-mail (sent to you after completion of online packet)
  - ii. Completed Sports Physical (link found within online Athletic Packet)
  - iii. Photocopy of Student's Medical Insurance Card
- **Athletic Clearance** forms must be 100% completed and submitted to Mr. Carter in the PLHS Office **on or before 2PM on June 4, 2019**. (Note Athletic Clearance is not part of the package submitted to Mrs. Denney).
- It is **required** that each candidate and their parent(s) or legal guardian fill out, sign and submit **signature pages** for the **PLHS Cheerleading Tryout Contract** as well as the **PLHS Cheerleading Handbook**.
- It is **required** that each candidate submit a **copy of their Official 12-Week Progress Report**, handed out on May 13, 2019; or a copy of his/her 1<sup>st</sup> semester Report Card **only if attending a school outside of the SDUSD**.
  - a. Each candidate must prove tryout eligibility of a **2.5 Academic GPA & 2.5 Citizenship GPA**.
  - b. All candidates must be enrolled in PLHS for the 2019-20 School Year **on or before** June 1, 2019. (Dual enrollment is not allowed in conjunction with Charter Schools). Late tryouts will be made available for transfer students.
- It is **required** that each candidate submit a picture with their application (no larger than 4"x6").

**IN ORDER TO PARTICIPATE IN CHEER TRYOUTS, ALL OF THE ABOVE MUST BE COMPLETED AND TURNED IN AS DESCRIBED.**

Mrs. Denney will be available in room 405 during lunch period every day between Monday 5/20/2019 and Thursday 5/23/19, OR after school until 3:15PM on Thursday 5/23/2019.

Mr. Carter will be available in the PLHS Office until 2:15pm on Monday 6/3/2019 and Tuesday 6/4/19

**NO EXCEPTIONS WILL BE MADE!**

## **Tryouts:**

- Candidates must submit all tryout paperwork on or before May 23, 2019 (the week prior to Cheer Tryouts) and Athletic Clearance on June 3 or June 4.

- The tryout process will begin with the clinic on Tuesday, May 28, 2019 and conclude with tryouts on Tuesday, June 4, 2019. Candidates will learn a dance, a cheer, jumps, kicks, stunting skills and the PLHS Alma Mater.
- All candidates with approved paperwork who have been cleared to tryout must report to the PLHS Dance Room for check-in at the designated time on the first day of Tryout Clinics (Tuesday, May 28<sup>th</sup>). If a candidate's name is not on the check-in list, the candidate will not be allowed to tryout.
- The tryout clinics and interviews for both J.V. and Varsity will be conducted during the hours of 2:30-5:30pm in the PLHS Dance Room.
  - 1) Tuesday, May 28<sup>th</sup>: Varsity: 2:30 check in; 2:45-4:00 tryout clinic // J.V.- 4:00pm check in; 4:10-5:30 tryout clinic
  - 2) Thursday, May 30<sup>th</sup>: Varsity: 2:30 check in; 2:45-4:00 tryout clinic // J.V.- 4:00pm check in; 4:10-5:30 tryout clinic
  - 3) Monday, June 3<sup>rd</sup>: Varsity: 2:30 check in; 2:45-4:00 tryout clinic // J.V.- 4:00pm check in; 4:10-5:30 tryout clinic
- Interviews will be conducted randomly throughout the tryout clinic days.
- On the final day of tryouts, candidates will perform skills learned throughout the tryout clinic in front of a panel of judges. Candidates will tryout in groups assigned by Coach Chavez on Thursday, May 30<sup>th</sup>. This is your moment to really shine. Present yourself well, smile, and keep going.
- Candidates with the highest total scores from all portions of the tryout process will make the 2019-2020 squads.
- **Incoming Freshmen** are only eligible for the Junior Varsity squad and **Seniors** are only eligible for the Varsity squad (exceptions can be made for transfer or new-to-cheer students). **Sophomores and Juniors** may be placed on either squad depending on overall scores and space available per squad; **Sophomores and Juniors** have the option to try out for Varsity only, or J.V. and Varsity (the selection must be made on the candidates application and cannot be altered once the tryout clinic has begun).

### ***Areas of Judging:***

- **Interview** – Each candidate will meet individually with the Coach/Advisor for approximately 2-3 minutes. Candidates will be judged on honesty, sincerity, and overall impression given (up to 20 pts.)
- **Appearance** – Candidates are expected to have a well-groomed appearance. Hair must be worn up. Appropriate make-up is allowed. Showing creativity and spirit in overall appearance is encouraged (up to 5 pts.)
- **Cheer** – Candidates will be judged on motion technique, precision, placement, timing, vocal projection and enthusiasm (up to 10 pts.)
- **Dance** – Candidates will be judged on motion technique, timing and showmanship (up to 10 pts.)
- **Jumps** – Each candidate will be asked to perform a jump of their choice and a toe touch which will be judged on motion technique, flexibility and height (up to 10 pts.)
- **Kicks** – Each candidate will be asked to kick five times in succession on each leg (up to 5 pts.)
- **Alma Mater** – Candidates will be asked to sing the Alma Mater during the tryout clinic (up to 10 pts.)
- **Tumbling\*** – Candidates with tumbling skills (minimum clean standing back hand spring) (up to 10 pts.)
- **Stunting\*** – Candidates will be judged on their willingness to stunt and do different positions (up to 10 pts.)

- **Overall Spirit/Attitude\*** – Candidates will be evaluated by the Coach/Advisor on their attitude throughout the entire tryout process. **Points may be added or subtracted from a candidate's overall score as deemed appropriate.**

**\*Denotes an optional category where candidates have the opportunity to earn extra points towards their overall tryout score.**

**Candidates will be notified of any changes made to areas of judging during the tryout clinic.**

#### ***Tryout Results:***

- While the selection process is one that allows for equal opportunity to all candidates, it is understood that not all who try out will be selected.
- After the judging panel deliberates and scores are totaled the Preliminary 2019-2020 JV & Varsity squads will be posted on the PLHS Cheer website ([www.pointlomacheer.com](http://www.pointlomacheer.com)) between the hours of 8:00 and 10:00 p.m. on Tuesday, June 4<sup>th</sup>. Results will also be posted on the PLHS Cheer Instagram account.

**Preliminary squad members along with 1-2 alternates for each squad will be selected, however only the preliminary squad will be posted. Squad results are not official/final until enrollment has been re-verified.**

- Any cheerleader who makes the preliminary squad, but is not enrolled as a PLHS student will forfeit his/her spot to the first alternate, whose enrollment must also then be verified.
- Final squad results will be posted within 24 hours of Coach/Advisor receipt of enrollment verification.

#### ***Mandatory New Squad & Parent Meeting:***

- June 7<sup>th</sup>, 2019: 5:30-7:30pm in the Point Loma High School Cafeteria. Check email & the PLHS Cheer website for updates/changes.

#### ***2019/2020 PE Credit and Practice Scheduling:***

- **It is not yet known whether or not Sideline Cheer practices will be held during school-class period or held after school. This decision is up to the Administration at Point Loma High.**
- **That decision will also determine whether or not Sideline Cheer will be counted as a PE credit, and therefore graded as such.**
- **As soon as that determination is made, cheerleaders will be made aware.**

***Summer Practices: For the most updated schedule, please check the website calendar at [www.pointlomacheer.com](http://www.pointlomacheer.com).***

- Full squad attendance is \*pertinent\* at all practices, due to the intricate partnering in dance routines and stunts, and is thus required; summer practice absences could affect the cheerleader's semester 1 grade; please plan accordingly.
- All squad members are expected to come to practices on time, in appropriate attire (athletic support bra, any athletic/Spandex short, no loose-fitting tank tops, no display of the midriff), and ready to participate; again, dress out, punctuality and presence could affect cheerleaders' semester 1 grade.
- Every effort should be made to schedule vacations, appointments and other commitments around these dates/times.
- The inability to attend summer practices will result in game suspension and may result in dismissal from the squad. **See the PLHS Cheerleading Handbook for specific consequences for missed practices and events.**

### ***Summer Camps (also included on PLHS Cheer Calendar):***

- Junior Cheer Camp (\*Mandatory) – 9:00am-12:30pm – David Wells Field at Dana Middle School
  - June 24<sup>th</sup> – June 28<sup>th</sup> AND
  - July 29<sup>th</sup> – August 2<sup>nd</sup>
- PLHS Cheer Squad Camps:
  - Varsity – UCA Camp in Palm Springs (June 20<sup>th</sup> through June 23<sup>rd</sup>)
  - JV - @ Pacific Beach Allstars, 9282 Miramar Road (August 17<sup>th</sup> & 18<sup>th</sup>)

### ***Summer Cheer Vacation***

- July 1<sup>st</sup> – July 21<sup>st</sup>
- August 3<sup>rd</sup> – August 18<sup>th</sup>

### ***Practices, Games & Events:***

- During the school year, **Varsity** practice days and times are still TBD, as previously stated. Practices will either be held on campus, during a class period, or afterschool, location TBD. This will be confirmed as soon as PLHS Administration has determined scheduling.
- During the school year, **Junior Varsity** practice days and times are still TBD, as previously stated. Practices will either be held on campus, during a class period, or afterschool, location TBD. This will be confirmed as soon as PLHS Administration has determined scheduling.
- If Sideline Cheer is scheduled as a class period, both J.V. & Varsity Cheerleaders will earn Athletic P.E. credit and a grade. A syllabus with the grading policy and expected attire for the class will be distributed once that determination is made.
- Throughout the year, cheerleaders will be attending various school athletic activities. These include but are not limited to: football, basketball, soccer, baseball, water polo, and wrestling. Students will also participate in team fundraisers, pep rallies, and community events.



- All practices, games, pep rallies and community events will be supervised by the Coach and/or Advisor. **Squad members are not permitted to perform stunts or tumbling without the supervision of the Coach. Failure to follow this rule will result in possible benching/dismissal from the squad.**
- **Missing practices and/or events including team fundraisers will result in game suspension and may result in dismissal from the squad. A three-strike policy will be set in place (See Cheerleading Handbook).**
- Sideline Cheer is a full-time commitment from June 2019-March 2020.

#### ***Safety Regulations:***

- Cheerleaders, Coaches and the Advisor are expected to follow the safety guidelines set forth by the AACCA. The Coaches are certified.
- Expected Behavior and Standards:
  - a. In and out of uniform as well as on and off campus, PLHS Cheerleaders will behave in a way that proudly represents Point Loma High School.
  - b. PLHS Cheerleaders will be expected to follow all school and athletic rules. Please refer to the school's catalog, Athletic Packet and PLHS Cheerleading Handbook for specific rules and regulations.
- Failure to follow these rules may result in benching or dismissal from the team.

#### ***Expenses/Fundraising:***

- **Cheerleading is an expensive activity and relies solely on donations and fundraisers to keep the program going.**
- Team fundraising events will be held during the summer, and throughout the school year to ensure that PLHS Cheer is able to exist this year and in the future.
- Attendance at team fundraisers is mandatory just like attendance at any game or event.
- Without team fundraising efforts, there will be no more PLHS Cheer!

We encourage all candidates and their families to discuss the amount of time, effort, dedication and responsibility that goes into participating in PLHS Cheer *before* making the decision to tryout.

By signing this contract, you are stating that you understand the time commitment and expected behaviors. You will be responsible for knowing the information contained herein and will be held liable for it. If you have any questions regarding any items addressed in this contract, please contact the Coach or Advisor.

Thank you for your interest and good luck!

Jesse Chavez

PLHS Cheer Head Coach

[info@pacificbeachallstars.com](mailto:info@pacificbeachallstars.com)

Amy Denney

PLHS Cheer Club Advisor

[adenney@sandi.net](mailto:adenney@sandi.net)

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**Point Loma High School Cheer**  
***Cheerleading Tryout Contract 2019-2020***  
***Signature Page (to be submitted with Application)***

By signing below, you are acknowledging that you have read and understand all the information contained in the 2019-2020 Point Loma High School Cheer *Cheerleading Tryout Contract* and that you are willing to accept responsibility for said information contained therein and agree to be held liable for it.

\_\_\_\_\_  
Cheerleader's Name (print)

\_\_\_\_\_  
Parent / Guardian Name (print)

\_\_\_\_\_  
Cheerleader's Signature

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date of Signature

\_\_\_\_\_  
Date of Signature

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# Individual Cheer Expenses per Cheerleader for 2019-2020

As stated, **Sideline Cheer is an expensive activity!** Following is an approximation of the annual costs for the PLHS Sideline Cheer Program:

## Summary of Program Costs/Expenses:

Item:	Varsity	Jr Varsity
Camp (including transportation, room & meals)	\$523	\$25
Uniforms (detailed below)	\$915	\$825
Coaching Stipends	\$366	\$366
Basic Program costs (insurance, bonding and gifts)	\$295	\$295
Total per Cheerleader	\$2,099	\$1,511

## Detail of Uniform and Spirit Wear Costs/Expenses (included above):

Item:	Required/Can be Borrowed / Optional:	Varsity:	Jr Varsity:	Due Date:
Nfinity Shoes "Rival"	<b>Required Purchase</b>	\$60	\$60	Purchase direct from Nfinity Rep at shoe fitting on 6/7
Program ¼ Zip Sweatshirt	Optional	\$35	\$35	6/7 payable direct to PLHS Boosters
Program T-shirt	<b>Required Purchase</b>	\$20	\$20	6/7 payable direct to PLHS Boosters
Friday Jersey	<b>Required Purchase</b>	\$60	60	6/7 payable direct to PLHS Boosters
Game Day Bow	<b>**Required Purchase</b>	\$20	\$20	6/7 payable direct to PLHS Boosters
Briefs (maroon)	<b>**Required Purchase</b>	\$26	\$26	6/7 payable direct to PLHS Boosters
Camp Bow	<b>**Required Purchase</b>	\$15	\$10	6/7 payable direct to PLHS Boosters
Camp Tank	<b>Required Purchase</b>	\$15	\$15	6/7 payable direct to PLHS Boosters
Camp Socks	<b>**Required Purchase</b>	\$10	\$10	6/7 payable direct to PLHS Boosters
Shell	Purchase or *Borrow	\$157	\$152	6/20 made direct to Varsity via link
Liner	<b>**Required Purchase</b>	\$93	\$93	6/20 made direct to Varsity via link
Skirt	Purchase or *Borrow	\$84	\$84	6/20 made direct to Varsity via link
Briefs (maroon)	<b>**Required Purchase</b>	\$26	\$26	6/20 made direct to Varsity via link
Warm Up Jacket	Purchase or *Borrow	\$147	\$147	6/20 made direct to Varsity via link
Poms	Purchase or *Borrow	\$52	\$52	6/20 made direct to Varsity via link
Duffle Bag	Optional	\$45	\$45	6/20 made direct to Varsity via link
Breast Cancer Bow	<b>**Required Purchase</b>	\$15	\$15	8/19 payable direct to PLHS Boosters
Breast Cancer Briefs	<b>**Required Purchase</b>	\$30	\$30	8/19 payable direct to PLHS Boosters
Breast Cancer Socks	<b>**Required Purchase</b>	\$5	\$5	8/19 payable direct to PLHS Boosters
		\$915	\$905	<b>Total – if all Uniform pieces are purchased</b>
		-80	-80	Less "optional" pieces
		\$835	\$825	<b>Total "per cheerleader" REQUIRED</b>

\*Borrowed items **cannot** be altered or personalized and must be returned at the end of the cheer season. These items can be purchased from previous year's squad members at a discounted price as well.

\*\*These items are required to be purchased and cannot be loaned due to hygiene/sanitary reasons. If you are unable to pay for the required items please see Cheer Advisor Amy Denney or cheer Coach Chavez.

# Individual Cheer Expenses per Cheerleader for 2019-2020

## **Payments and Donations:**

A student's ability to pay for uniforms, camps or any other related expense in no way affects their eligibility to participate. Any costs that cannot be covered by cheerleaders' family must and will be paid for by the PLHS Cheer Boosters.

Payments for Uniform Items purchased directly from vendors must be paid online. Families who are unable to pay for the required items should speak with Cheer Advisor Amy Denney or cheer Coach Chavez.

Payments for items purchased through the PLHS Cheer Boosters can be made via Check, Cash or Credit Card at the Mandatory Parent Meeting on 6/7/19 OR the day of the Uniform Fitting, 6/13/19. Alternatively, payment can be made via a tax-deductible donation to our Annual Giving Fund. Questions will be addressed in more detail at the Mandatory Parent Meeting, and at the full squad Uniform Fitting.

General questions about PLHS Cheer Booster-related Program Costs, Payments, Donations and Fundraising can be directed to [pointlomacheer@gmail.com](mailto:pointlomacheer@gmail.com).

