

Summit Academy High School

Cheerleading Tryout Packet 2023-2024

Hi! Our names are Courtney Steuart, Sydnie Buck, and Michonne McGovern, and we are the cheer coaching staff at SAHS. We are so excited to get started and jump into a fantastic new year! We hope that this packet will give you all the answers that you need until we meet together with parents and the team after tryouts.

Monday and Wednesday, March 27th and 29th 4:00-6:00 pm:

Required Clinics to learn try-out material

Friday, March 31st: Tryouts! Arrive at 2:15 Tryouts will begin promptly at 3

What to expect that day: This will be a closed tryout held in the school gym, no friends or family will be allowed in the gym during tryouts. Please wear black, form fitting athletic clothing (stomach and chest must be covered) to help keep it uniform for the judges. You should also wear lace up sneakers/cheer shoes. Wear your hair pulled back and completely out of your face. No gum will be allowed. No long or acrylic nails are allowed. No jewelry can be worn with the exception of religious or medical medallions that can be taped to the skin under clothing without a chain. These are all expectations and requirements for cheerleaders during all practices throughout the year.

*****When you come on Monday to the clinic, please bring the following things with you:**

1. Parent/Athlete Consent Form
2. A printed copy of your 3rd quarter grades showing 3rd term AND your cumulative GPA
3. A photo of yourself (if you couldn't upload one to the application)

Team placements will be emailed out on Friday night by 10:00 pm.

Tuesday, April 6th: Parent Meeting and Uniform Fitting @ 7:00 pm

Eligibility for Cheering at SAHS

*Application, Parent and Athlete Consent Form, and 3rd quarter report card that shows your cumulative GPA all turned in to coaches by Monday, March 27th at the first clinic.

*ALL previous school fees must be paid in full OR a payment plan needs to be set up through the main office before tryouts. This includes past cheer fees or other sports/school fees on your Aspire.

*All athletes trying out must have a 2.5 or higher cumulative GPA. Once the team is selected, all cheerleaders must maintain a 2.5 or higher GPA each quarter and NO F's while on the team.

*Candidates must be in good health (and provide a doctor's physical after team selection) and work to maintain good health throughout the season.

*All athletes must have a positive attitude toward cheerleading in general and especially toward their teammates during tryouts and throughout the season.

*Per state requirements, athletes may not compete on an all star team for the 2022-2023 season if they are competing on the high school team.

Team Placements and Leadership

Our plan is to create a Varsity team. Student leadership will consist of 2 captains.

Commitment for this Cheer Team

These tryouts are to build a “competition cheer” team. This team will cheer at games, support all teams at the school, and perform at halftimes and assemblies. We will also be competing during the year under UHSAA regulations. Being a part of a cheer squad is fun, hard work, and a time that will create experiences and memories that will stay with you for life! To have a successful team, it takes big commitments- in staying eligible, in time, and financially. We want you to be aware of those commitments before you make the decision to try out for the team.

Eligibility commitments:

- * As stated earlier, cheerleaders must maintain a 2.5 GPA with NO F's while they are on the team. Grades will be checked at the end of each quarter during the school year.
- * All cheerleaders must follow the school attendance policy, which states that students can not have more than 4 absences per class, per quarter.
- * Attendance at practices, camp, trainings, fundraisers, and clinics is required. Any long term or recurrent situations that keep the athletes from full participation and responsibilities may result in dismissal from the team. Participation in other sports and activities both in and outside the school is encouraged, however Cheer attendance needs to be priority. If another activity conflicts and stops the athlete from full participation on the team, they may be removed from routines, game sidelines, or the team if necessary. Cheerleading is a team sport, and it is necessary for everyone to be at practice in order for our team to be successful!
- * Practices and games will start promptly at the times given. There will be consequences for tardies, so please plan to be there 5-10 minutes early to avoid that.

Financial Commitments:

We have based fees on the fee schedule set up by the school board that can be found on the school website. These are approximate fees while we are still pricing out items and fees that we will need throughout the season. We understand that this is a big part of the commitment that you are making and we as a coaching staff will strive to keep costs down and provide fundraising opportunities for the cheerleaders as well. We will work to find fundraising opportunities that will make it possible to fundraise the majority of the fees required if you put the effort in! We will get out information on fundraisers as quickly as we can after tryouts!

Participation Fees (coaches, banquet, etc): \$150.00

Tournament/Clinic/Camp: \$600.00 *Pending school board approved changes

Uniform: \$500.00

Spirit Pack: \$200

Total Fees: \$1,450.00

First Payment of \$750.00 Due by June 5th

Second Payment of \$350.00 Due by August 4th

Third and Final Payment of \$350.00 Due by October 2nd

We realize that these are large commitments, and if a payment plan is needed past the plan we have presented, we are happy to work with you! If you are concerned, please talk to the coaches ASAP after making the team so we can set up a plan that works for you!

*If a cheerleader is dismissed from the cheer team or quits, no cost will be refunded and the remaining balance in the account must be paid in full. We have to pay for many things up front for cheerleading, so once you make the team, we register for camp and order uniforms, that cost is incurred!

*If there are opportunities for cheer competition travel or travel for football or basketball games, there is a possibility of further travel fees, but you will be made aware of those in advance

Time commitments:

- * For most of the summer, we will have practices 3 days a week (schedule included in packet)
- * During the school year we will practice 2-3 times per week -Our classtime is period 4A
- * Throughout the school year, cheerleaders will be required to cheer at 1-4 games per week in addition to practices, depending on the sports season. Our cheerleaders will have a presence at ALL SAHS Athletics on a rotation. It is our goal and purpose to support all activities and spread spirit throughout the entire school.

Tentative Schedule Going Forward:

Monday, March 27th and Wednesday March 29th: Tryout Clinics

Friday, March 31st: Tryouts Arrive at 2:15pm, Tryouts will begin at 3

Tuesday, April 6th: Parent Meeting @ 7:00 pm at SAHS

Monday, April 9th- Friday, May 5th: SAHS Cheer Moratorium

Monday, May 8th: Required Safety Video at SAHS 3:30-7:00 pm

Wednesday, May 10th: Required Safety Clinic- Meet at SAHS at 3:15 pm we will return at 7:30 pm

June				
Monday	Tuesday	Wednesday	Thursday	Friday
5th: 7-9 am		7th: 7-9 am		9th: 7-9 am
12th: 7-9 am		14th: 7-9 am		16th: 7-9 am
19th: 7-9 am		21st: 7-9 am		23rd: 7-9 am
26th: 7-9 am		June 28th - July 5th: Mandatory Moratorium		
July				
June 28th - July 5th: Mandatory Moratorium			CHEER CAMP July 6th-8th	
10th		12th		14th
17th: 7-9 am		19th: 7-9 am		21st: 7-9 am
24th: 7-9 am		26th: 7-9 am		28th: 7-9 am
August				
July 31st- August 4th: Practice and Mini Cheer Clinics with Blue and Gold Football Game and Mini Cheer Performance on Friday!				
7th: 7-9 am		9th: 7-9 am		11th: 7-9 am
14th		16th	17th: First Day of School	

*Once school starts we will have 4th period as a cheer class and continue into after school practice. This will be Mondays and Wednesdays starting at 1:25pm during school and going until 4:30pm, and also every other Friday from 11:00am-11:55am.

We know this is A LOT of information! We will happily address any questions at the parent meeting, but we hope that this gives you what you need to plan for now! See you on Monday!

2022-2023 SAHS CHEER APPLICATION

Use this QR code or link to fill out your online application
for the SAHS cheer team by tryouts on
Monday, March 27th!

https://docs.google.com/forms/d/e/1FAIpQLSdA0J8wMDVDVpWtzdMyZ1MGARlajT6SS1eyyaCnCPCdyAnRjQ/viewform?usp=sf_link



Athlete and Parent Consent Form

My child, _____, has my permission to be on the cheerleading team at Summit Academy High School. I understand that he/she must abide by the rules and regulations set forth for all sports and activities at Summit Academy High School and the cheerleading program. I understand, if chosen, my child will be required to attend all safety/stunt camps and all other games and events listed in the try out packet and put on their schedule throughout the year. I give permission for my child to have their picture taken and posted on SAHS media sites. I understand that there will be expenses for being selected for the cheerleading squad that I must pay.

*I understand by the very nature of the activity, cheerleading and stunting carry a risk of physical injury. No matter how careful the participant and coaches are, or what landing surface is used, the risk cannot be totally eliminated. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Summit Academy High School or any of its personnel responsible in the case of an accident or injury at any time.

Parent/Guardian

Name: _____

Parent/guardian Signature: _____

Date: _____

I am interested in being on the cheerleading/stunt team at Summit Academy High School. I understand the risks stated above. I promise to abide by the 2022-2023 Summit Academy High School rules and regulations and also the rules set forth by the coach(es) and the administration of Summit Academy High School.

Student Name: _____

Student Signature: _____

Date: _____