**Richwoods High School**

2018-2019

**CHEERLEADING**

Try-out PACKET

Current 8th Graders - Juniors

Try-out dates/times:

**April 26th-27th**

**3:00-6:30pm**

Richwoods main gym

**What WE’RE LOOKING FOR**

(not necessary, but are helpful to your overall score)

\*Flexibility: Splits & Heel Stretches

\*Loud, Clear voices & peppy smiles

\*Tumbling: Round off, backbend, backhand springs

\*Jumps with proper leg placement & motions

\*Willingness to stunt; Strength &

\***Less than 5 referrals from previous year**

\*Respect, kindness, and an overall good role model!

**TRY-OUT “NEED-TO-KNOWS”**

\***Please sign and initial each section of this packet. Bring all elements completed to try outs**

**\*Incoming Freshmen are only eligible for Junior Varsity. Sophomores and Juniors are subjected to make either Junior Varsity or Varsity depending on skill level. Seniors will only be eligible for Varsity.**

**\*You may choose which season(s) you are interested in. If you would like to choose both seasons you may, however this does NOT guarantee both.**

**What to wear/bring**

\*Wear SOLID shorts & t-shirt each day in green, white, or black.

\*Tennis/cheer shoes must be worn

\*Hair MUST be pulled back & out of your face & no jewelry

\*Please bring a water bottle (no food or gum)

\*Cell phones need to be put away and on vibrate.

\*You will not be able to try out without ALL aspect of the packet filled out. Please bring stapled together.

**\*Bring this packet to tryouts \***

**INITIAL HERE:**

**RICHWOODS HIGH SCHOOL**

**CHEERLEADING CONSTITUTION: ABRIDGED**

**GOALS:**

1. The cheerleading program will strive to promote self-esteem, athletic skills, responsibility, teamwork, and organizational skills.
2. We will strive to maintain enthusiasm, good sportsmanship, school spirit, leadership, and a positive representation of Richwoods High School.

**MEMBERSHIP:**

1. Members are Richwoods High School students who will be selected through official tryouts.
2. Members will abide by the rules of this constitution, the RHS administration, RHS athletics handbook, National Federation of State High School Association, the Illinois Cheerleading Coaches Association, and the IHSA.
3. Members must have a yearly medical exam and school insurance and/or a waiver on file in the main office.
4. Cheerleaders will get to choose what season they are interested in. However, if chosen to be on the squad they CANNOT change their mind. Which ever decision is on their tryout form is FINAL.

**DUTIES:**

* 1. Cheer **all** home and away games, including tournament games, for football season.
  2. Help with the craft show and craft show set-up.
  3. **Attend home sumer camp (May 30-1st) and practices (Tues & Thurs 4:30-6:30)**
  4. Attend all practices ON TIME
  5. Prepare and perform a homecoming routine.
  6. Organize pep assemblies.
  7. Other duties include ways to promote school spirit as designated by the coach.
  8. **Positively represent Richwoods High School in and out of uniform.**

**\_\_\_\_\_\_\_\_\_( initials) \_\_\_\_\_\_\_\_ (parent initials)**

**EXPECTATIONS:**

1. Cheerleaders are expected to be ON TIME and PREPARED for practice.
2. **ALL BASKETBALL CHEERLEADERS WILL BE ON COMPETITION TEAM – EITHER AS AN ALTERNATE OR AS A MEMBER.**
3. There will be a work out routine embedded in each practice (includes running, sit ups, push ups, leg lifts, weight lifting etc.)
4. **You are expected to be at every event.**

**\_\_--------------( initials) \_\_\_---------------- (parent initials)**

**\*\*\*Please note: A more in-depth discipline policy will be sent home with each cheerleader when the season begins. \*\*\***

**Financial Obligations:**

**Camp Dates/Costs:**

Home CheerTD camp, May 30, 31st, June 1st 12-7:00 PM

Each cheerleader is **REQUIRED** to participate in summer camp.

**Home camp**: $180

**DUE: MAY 18**

**Cheer Fee:**

**Includes bows, socks, warm ups, poms poms, winter accessories (gloves, headband).**

$220 - New cheerleaders

$180 – Veteran cheerleaders

**DUE: JUNE 21**

\*We will be having a fundraiser that may reduce the price depending on your sales.

\*\* **Throughout the season there may be additional t-shirts for purchase** (homecoming, fundraiser games, and senior night) average $10 per shirt

***Please note:*** A financial arrangement can be set-up and we will do whatever we can to help offset these costs. Please contact one of the coaches to set-up a payment arrangement as we understand this can be a lot and we don’t want to discourage anyone from trying out due to financial reasons.

***I agree to adhere to the above Richwoods Cheerleading Constituion and consent for my child to try-out for the 2017-2018 Richwoods Cheerleading Squad.***

Parent Signature: Date:

Student Signature: Date:

**Cheer Application**

**\*Please type or write legibly**

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

Season(s) I’m Interested in: FOOTBALL BASKETBALL  BOTH

**(This decision is final. Be CERTAIN which season(s) fits best with you. Also, if you choose both, this gives you higher chances at making it but also means you may only get chosen for one.) \*Competition team tryouts will be held separately and in September.**

School attending/Current Grade Level (2017-2018): \_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete’s Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Best Contact #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Best **PARENT** Email Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any summer plans that will conflict with camp and/or practices?

Describe how you believe you are a good role model or how you plan to be one:

Do you have any prior cheer experience or tumbling skills and/or stunting experience? If so, please explain.

Why do you want to become a Richwoods cheerleader and how would you be an asset to the program? Please be specific.

**Contact Varsity coach Tonioni at** [**taylor.tonioni@psd150.org**](mailto:taylor.tonioni@psd150.org)

**Contact JV coach Skaggs at casey.skaggs@unitypoint.org**

**Or, contact assistant coach Edmonds at** [**taylor.edmonds@psd150.org**](mailto:taylor.edmonds@psd150.org)

**TEACHER/COACH RECOMMENDATION FORM**

**RICHWOODS HIGH SCHOOL CHEER**

**STUDENT’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SCHOOL & GRADE: \_\_\_\_\_\_\_\_\_**

**TEACHER’S/COACH’S NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SUBJECT/SPORT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Thank you for your time and participation. ***All responses will be kept confidential.*** Please place completed form in my mail box or the cheerleading mailbox in the main RHS office or they can be emailed to me directly at taylor.tonioni@psd150.org. ***They MUST come directly from you or they will not be accepted***. I appreciate your help!

**\*Please submit by Tuesday, April 24thth.**

**Please answer the following questions by rating this student from 1-5.**

**1-Poor 2-Fair 3-Average 4-Above Average 5-Superior**

\_\_\_\_1. Attendance/Punctuality  
\_\_\_\_2. Effort in Class  
\_\_\_\_3. Personality/Enthusiasm  
\_\_\_\_4. Attitude toward Authority  
\_\_\_\_5. Class Conduct/Cooperation  
\_\_\_\_6. Ability to get along with other students/teammates  
\_\_\_\_7. Ability to get along with teachers/authority  
\_\_\_\_8. Ability to maintain a positive attitude  
 9. How dependable is this student? Is this student well prepared, on time,

and organized?

10. How well do you think this student would represent RHS?

COMMENTS: (optional, but greatly appreciated!)

**CHECKLIST OF ALL FORMS REQUIRED FOR TRYOUTS**

*\*ALL forms must be submitted BEFORE you are able to try-out!*

**\_\_\_\_\_\_** **SPORTS PHYSICAL:**

\*If you already have one on file with the school and it is up to date, there is no need to receive another one or to bring one. Please check the status of the sports physical with the school.

**\_\_\_\_\_\_ RHS CHEER CONSTITUTION/OBLIGATIONS**

\*This must be signed and initialed by both the candidate and their parent/guardian.

**\_\_\_\_\_\_** **CHEER APPLICATION**

\*Filled out by athlete and parent.

\_\_\_\_\_ **TEACHER/COACH RECOMMENDATION FORM**

\* Recommendations will also be calculated as part of the overall judge’s score.

Thank you for your interest in the Richwoods High School Cheerleading program!!

Good Luck!

Coach Tonioni

Coach Skaggs

Coach Edmonds