

DAKOTA RIDGE CHEERLEADING

2020-2021 Season Tryout Packet



Tuesday March 31st and Wednesday April 1st Tryout clinics for all athletes trying out 4:30-6:30pm in the Cafeteria

During these clinics athletes will work with coaches and graduating seniors to learn material for the tryout evaluations on Friday. These days are also opportunities for coaches to evaluate attitude and ability to learn material and process feedback. You must attend all three days of clinics in order to tryout on the 26th.

Thursday April 2nd Tryout Evaluations 4:30pm in the Cafeteria

Athletes will go through the actual tryout evaluation in small groups. Teams for the 2020-2021 season will be selected by the coaches after athletic, behavioral and academic scoring is done by coaches and judges.

*** All Clinics/Tryouts are closed to the public. Only cheerleaders, coaches, judges and administrators will be allowed in the cafeteria once clinics/tryouts have started. All team placements are final. ***

Other Important Dates

Monday April 6th 5pm - New teams meet and greet / Uniform sell down

Monday April 6th 6pm - Mandatory Parent meeting (\$500 Deposit due)

Wednesday April 8th 4pm - Uniform fitting

Mondays & Wednesdays May 4th -13th - Spring practices with new teams 3:30-5:30pm

Mondays, Wednesdays & Fridays May 25th – June 26th - Summer practices 6:30-8:30am

June 11th - 14th - Varsity Masters Camp at CSU

June 18th - 20th – Varsity Competition Choreography

June 23rd - 25th - JV Summer Camp at CU Boulder

Mondays, Wednesdays & Fridays August 3rd – August 14th - Summer practices 6:30-8:30am

Saturday September 12th - JV Competition Choreography

March 18, 2020

Dear Parent:

Your child has expressed an interest in becoming a member of one of the Dakota Ridge Cheer Squads. The meeting this evening will explain many of the facets of these programs. Spirit is the most visible of all high school sports, and with that visibility comes great responsibility. Therefore, we are looking for students who strive for excellence in all aspects of their lives and will represent Dakota Ridge with the highest degree of integrity.

Spirit is an extremely long sport, working through all seasons of the year. Our cheer teams are very competitive. Members of the program will be busy balancing the competitive side with the school performance side and will spend many hours together, as a team. Therefore, we as coaches are looking for not only cheer talent, but also strong work ethic and great attitudes.

During tryouts, prospective members will be evaluated daily by the coaching staff. The last day will be a final evaluation day, where participants will have one final opportunity to show all they have learned throughout the process. At that time, the coaches will make their final decisions, and all participants will be notified. All decisions will be final. Attendance is mandatory at all tryout clinic dates. Please speak with a coach if an extenuating circumstance prevents you from being present. Please also take a close look at the important dates on the previous page and let coaches know immediately if there are any conflicts. Tryouts are closed to family and friends. This is for the safety of all concerned.

We appreciate your interest in our program this year and hope you and your child take careful consideration to determine if this is the sport for your family. By attending tryouts you are agreeing to being a committed member of the 2020-2021 Dakota Ridge Cheer Program regardless of what team you make. We wish your child the very best of luck.

There will be a mandatory parent meeting held on Monday, April 6th at 5:00pm in the DRHS Cafeteria for all athletes who make the 2020-2021 squads. At least one parent per athlete is required to attend and a \$500 camp deposit will be due.

Cheerfully,

Coach Paige Tittman
Coach Lauren McDavid Webb
Coach Brenna Perry
Coach Jade Tittman

A copy of athlete's most recent grade report, the warning of risk and judges and final score agreement (p.4), the information/medical release form (p.5), the application questionnaire (p.6), a headshot of the candidate and the \$25 tryout fee must be filled out, signed and turned in to coaches by **Wednesday April 1st**.

Tryouts

1. What to wear:
 - a. Something athletic and comfortable that fits you properly. No baggy clothing or too small shirts/shorts. Hair must be in a secure ponytail out of your face and off the shoulders.
 - b. Cheer shoes or Tennis shoes
 - c. **Friday you must wear a white shirt, navy shorts, cheer shoes (if you don't have cheer shoes please wear the lightest color tennis shoes you own) and your hair should be in a high ponytail completely out of your face with a bow if you have one. NO JELWERY.**
2. No jewelry or false nails:
 - a. You will need to take out any/all piercings each day. You cannot tape them.
 - b. Nails should be trimmed to sports length (should not be seen over fingertip when looking at the palm)-no false nails
(**If you make the squad – jewelry and acrylic nails are not permitted throughout the season)
3. What to bring:
 - a. Water (make sure you eat before coming)
 - b. **The 6 Items listen on Requirement Checklist (p.8) must be completed/signed and turned in to coaches by Wednesday April 24th. YOU WILL NOT BE ALLOWED TO TRYOUT IF ANY OF THESE ITEMS ARE MISSING/INCOMPLETE/LATE.**
4. Evaluation Procedure:

Candidates will be judged on the following categories:

 - a. A cheer and dance that will be taught during tryout clinics
 - b. Tumbling- standing and/or running
 - c. Jumps- a toe touch is required, plus another jump of the candidate's choice (double toe, pike, hurdler etc.)
 - d. Energy, spirit, presentation
 - e. Fitness, flexibility, stunting and attitude (will be evaluated throughout the week)
 - f. Scholastic eligibility

Each candidate will wear a number during the evaluation process. A sign with candidate's corresponding tryout numbers will be posted on the door of the Cafeteria announcing final team placements as soon as all athletes have completed the evaluation process and judges have discussed and tallied scores. Corresponding tryout numbers will also be posted at <https://www.drhscheer.com> and an email of the final team placements will go out the evening of April 2nd to all parents and athletes of the 2020-21 Dakota Ridge Cheer Teams.

*****If you make the team, you and at least one parent must attend the mandatory meeting Monday April 6th at 5:00pm with a \$500 deposit*****

DAKOTA RIDGE HIGH SCHOOL CHEERLEADING

WARNING OF RISK

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION. By its very nature, competitive athletics may put student athletes (cheerleaders) in situations in which accidents may occur. Athletic competition can result in accidents, strenuous physical exertion, and numerous other exposures to risk injury. Students and Parents must understand and assess the risks involved in such participation and make their choice to participate in spite of those risks. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia and other serious permanent physical impairment as a result of athletic competition. Dakota Ridge High School athletes will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Student/Athletes must adhere to that instruction and utilization and must refrain from improper uses and techniques. However, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. By granting permission for your child/athlete to participate in athletic competition, you, the parent or guardian, acknowledge such risk exists. By choosing to participate, you, the student/athlete, acknowledge that such risk exists. If any of the foregoing is not completely understood, please contact the coaches for further information.

Cheerleader Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

JUDGES AND FINAL SCORE AGREEMENT

I, _____, and my child _____, understand that he/she will be judged by a panel of qualified judges, and will be scored on the categories listed under the "Evaluation Procedure" on page 3 of this packet. We understand at no time will my child's score nor any other cheerleader's score be discussed or provided to me as the parent, my child, or any other individual outside of school officials. We also understand that all decisions made by the judges are FINAL.

Cheerleader Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

DAKOTA RIDGE HIGH SCHOOL CHEERLEADING INFORMATION/MEDICAL RELEASE FORM

Cheerleader's Name: _____ Birthdate: _____

Rising grade (please circle):

Most recent stunting position (please circle):

Freshman Sophomore Junior Senior

Base Flyer Back Spot None

Cheerleader's Email: _____ Cheerleader's Cell: _____

Primary Parent/Guardian's Name: _____

Email: _____ Cell: _____

Second Parent/Guardian's Name (Optional): _____

Email: _____ Cell: _____

☐ **Please check if both parents would like to receive all cheer correspondence.**

MEDICAL SITUATIONS:

Please list any medical situations about which the coaches should be aware. Please include any medications the candidate takes and any medications he/she cannot take:

MEDICAL AID PROVISION:

We do hereby give permission for the cheerleading coach to secure whatever emergency medical treatment my child needs at any time during tryouts, practices, home or away games and competitions. I will assume financial responsibility for expenses involved in this treatment.

Parent/Guardian Signature _____ Today's Date _____

Insurance Company _____

Policy Number _____

TRYOUT APPLICATION QUESTIONNAIRE

Why do you want to be a cheerleader? _____

Please tell a little about yourself: _____

Do you have any training or experience related to cheerleading (gymnastics, dance, choreography etc.)? _____

If so, please be specific about all of your abilities and any awards you have received. _____

Will you be participating in other school activities/sports? Please list all: _____

What commitments outside of school do you have? _____

Form Checklist

1. DRHS Athletic Physical Form (uploaded online) - <https://dakotaridgehs-ar.schooltoday.com/> **THIS MUST BE DONE PRIOR TO TUESDAY MARCH 31ST IN ORDER FOR CANDIDATE TO BE ELIGIBLE TO PARTICIPE IN THE TRYOUT CLINICS**
2. A copy of athlete's most recent grade report
3. Signed Warning of Risk and Judges and Final Score Agreement (p.4 of tryout packet)
4. Filled out and signed Information/Medical Release Form (p.5 of tryout packet)
5. Filled out Application Questionnaire (p.6 of tryout packet)
6. Candidate Headshot
7. \$25 Tryout fee – Check made out to Dakota Ridge High School with cheerleader's full name and cheer in the memo portion or cash in an envelope with cheerleader's full name, cheer and the total written on it
8. ***NEW CHEERLEADERS ONLY*** Registration for Arbiter Athlete – <https://www.arbiterathlete.com> or text S41568 to 69274

Failure to complete and turn in any one of the above items by April 1st will result in the inability for the candidate to participate in tryouts.