



Name: _____ Current Grade: _____

BGHS Cheer

2017-2018 Tryout Application Packet

CHECKLIST

#	Required Paperwork	Check When Completed
1	Cheerleader Information – Due first day of tryouts	
2	Current Photograph of the Candidate (SMALL photo of FACE)	
3	Student/Parent Conduct Agreement	
4	Signed Rules and Regulations Agreement	
5	Completed Athletic Packet – turned in to the Athletic Office prior to tryouts	

Try Out Attire

- 1) Royal, Navy or Black cheer shorts
- 2) Spanks underneath SOFFEE shorts for ALL cheer positions
- 3) Plain White T-Shirt with sleeves (NO logos)
- 4) WHITE or GRAY color sports bra underneath T-Shirt (NO NEON SPORTS BRAS)
- 5) Clean white cheer shoes
- 6) Bring any color running shoes for warm-ups
- 7) Hair up in a HIGH pony – (No wispy's hanging around face and hair sprayed to stay that way)
- 8) **NO BOW**
- 9) Wear any knee, wrist, or ankle braces needed in order to stunt or tumble.
- 10) **ABSOLUTELY NO JEWELRY or NAILS ARE ALLOWED!** This includes: rings, necklaces, various earrings, nose rings, belly rings and all new piercings. **Band-aids or tape CANNOT be worn to cover anything.** Everything must be removed. And nails must be short and unpolished. School rules differ from All-Star rules.



Bishop Gorman High School Cheer Student and Parent Conduct Agreement

My child _____ has permission to participate in clinics and tryouts and to be a cheerleader at Bishop Gorman High School.

I understand the tryout process, and that all decisions are final.

I understand that by the very nature of the activity, cheerleading, and gymnastics carry a risk of physical injury. No matter how careful the participant and the coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries, such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falling on the back, neck or head. I understand these risks and will not hold Bishop Gorman High School or any of its personnel, including coaching staff and students responsible in the case of accident or injury at any time.

I shall not use profanity, abusive language or actions towards any coach, official, parent or cheerleader, advisor, or any other person present; before, during or after any practice, game or BGHS function. I will not coach from the sidelines, nor incite or aggravate the coaches or anyone acting in an official capacity. I will not harass, ridicule, abuse, use profane actions to said coaches, advisors and administrators, nor “second guess” their decisions. If I have a suggestion for improvement, I will review this with a coach or administrator at an appropriate time.

I agree to support the program as stated in the rules and regulations, and that all possible situations that may arise during the year cannot be covered in the BGHS rules and regulations and that the coaches will make the final decisions on any and all situations that may come up. I recognize that coaches have invested a great deal of time and energy to ensure my child will have a safe, successful season. I understand that the coaches will make decisions for the good of the entire group.

I have received, read and agree to follow the philosophy, rules and regulations of BGHS Cheerleading. Failure to abide by these regulations may result in discipline and even dismissal from the program, as determined by the coaching staff and athletic director.

I fully understand the time and financial commitment involved in being a cheerleader and that my daughter must abide by all rules and regulations as stated in the handbook.

Parent/Legal Guardian Signature: _____ Date: _____
Print Name: _____

Student Signature: _____ Date: _____
Print Name: _____



Bishop Gorman High School Cheer
Applicant Information Packet

Dear Applicant,

We are looking forward to seeing both new and returning faces on the squads of the BGHS cheerleaders. This program has a tradition of success and we are looking forward to a great year!!

Tryout time is exciting but we need parent and student help to ensure that tryouts are safe and productive. Please pay special attention to this information packet, as well as the tryout packet and Cheer rules and regulations.

Our goal is to develop the cheerleader to become a productive successful citizen in society by utilizing teamwork, sportsmanship, physical development, socialization skills and critical thinking skills in a safe environment.

To be effective members of the team, cheerleaders must develop the time management skills needed to succeed in both cheerleading and academics. Job schedules, social plans, driver training, and any other school activities shall not conflict with practices, weekend competitions, games, activities and fundraising events. Each member of the squad depends fully on the other members to participate in all scheduled activities.

Financial obligations are the responsibility of the cheerleader and the family. Without financial help, the program would not be what it is. Fundraising is very important and a required facet of our program and it helps defray costs.

Please discuss in full these considerations with your parents, evaluate your priorities, and if you consent, complete the required paperwork and turn it in to Student Services. Make sure you have submitted a completed Athletic Packet to the Athletic Office at BGHS. You must check-in prior to clinics and will not be allowed to participate without a completed application packet and athletic packet. No one will be allowed to audition or participate without this very important paperwork.

If you have any questions that are not answered in this packet, please feel free to contact us at cheer@bishopgorman.org with your concerns. We will respond to you as soon as possible.

As a member of the BGHS Cheer team, you are offered an opportunity for growth, leadership development, and involvement in many exciting activities. Thanks for your interest in the BGHS Cheer program and best of luck to all who try out!!

Go Gaels,

Sandy Young
BGHS Head Cheer Coach

BGHS 2017



Bishop Gorman High School Try-Out Agreement

It is essential that parents and students consider the many responsibilities of becoming a cheerleader before try-outs.

Cheerleading is a yearlong commitment, and must come before all other extracurricular activities. If you plan on participating in other extra-curricular activities, or need to work, these activities must be planned around your cheer schedule. Another part of this commitment includes maintaining a 2.0 or above grade point average and excellent attendance.

Individual financial obligations will vary based on squad selection. It is imperative that cheerleader's individual accounts are kept current and paid in full. Throughout the year there will be fundraisers to help pay for group expenses. Parents agree to support fundraisers and understand that some of the activities are supported by volunteer efforts so all parents must contribute time to the success of the program.

Being a cheerleader requires many hours of practice, and attendance at many athletic events throughout the year. It also requires many activities to be conducted during your off time, such as sign or poster making. All girls are required to participate equally.



Information Regarding Application Materials

Candidates will be required to turn in all of the paperwork from the Checklist prior to the beginning of try-outs on August 9, 2017.

- The “BGHS 2017 Cheerleader Information Card must be filled out and turned in.
- A current HEAD SHOT photograph of the candidate should be submitted. Please keep the photo to a maximum size of 2x3 inches. Photo will not be returned. (#2 on checklist)
- The Student and Parent Conduct Agreement must be signed and dated in all designated areas by the candidate and parent or guardian. (#3 on checklist)
- Both the candidate and her parent or guardian must sign the Rules and Regulations Agreement Contract. Please be sure to read through the rules and regulations prior to signing this page. (#4 on checklist)
- A completed athletic packet, including physical, must be submitted prior to try-outs. Any questions regarding the athletic packet can be directed to Ms. Marr in the Athletic Office at (702) 476-4018. **COMPLETED PACKETS MUST BE SUBMITTED DIRECTLY TO THE BGHS ATHLETICS OFFICE AND A PERMIT TO TRYOUT OBTAINED** (#5 on the checklist)



Try-out Information

Clinic and Evaluation Format

Session 1 – Wednesday, August 9th 2:00pm until 4:30pm - MANDATORY
Learn Cheer/Chant/Dance
Stunt Practice
Tumbling Practice
Cheer/Chant/Dance/Jump Review

Session 2 – Thursday, August 10th 2:00pm until 4:30pm - MANDATORY
Cheer/Chant/Dance/Jump Review
Try outs of Stunts and Tumbling

Session 3 – Friday, August 11th 2:00pm until 4:30pm - MANDATORY
Warm-ups and check-in begin at 2:00pm
Formal Try-outs begin at 2:30pm
(Evaluation of jumps, dance, chants and cheers)

Cheer tryout participants will be evaluated on skills using a point system. Each skill is assigned a point value. The more difficult the skill, the higher the point value assigned. Points will be used to compare and rank candidates against one another, but again, coaches make the final determination on who makes each team/squad.

Final Team Selections:

Posted on www.bishopgorman.org Athletics/Women's Sports/Cheer by 8 pm
on Wednesday, August 11th



BGHS Cheerleader Information Card

Personal Information:

Name: _____ Grade (2017-2018) _____
 Address: _____ City: _____ State: _____ Zip: _____
 Home Phone: _____ **Student Cell:** _____
 Date of Birth: _____ **Student E-mail:** _____

Parent(s)/Legal Guardian(s):

Mother Name: _____ Father Name: _____
 Cell Phone: _____ Cell Phone: _____
 Work Phone: _____ Work Phone: _____
 E-mail: _____ E-mail: _____

Medical Information:

** Do you have a pre-existing illness or injuries that may prevent you from being able to run 1-mile non-stop on a daily or weekly basis? Yes No

If yes, please describe: _____

Other Information:

Are you currently involved in any extra-curricular activities requiring meeting or practice time?
 Yes No
 If so, please list: _____

High School, Middle School, All-Star – Cheer and Dance Experience
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School/Gym/Studio _____	Years _____	Varsity	JV
School/Gym/Studio _____	Years _____	Varsity	JV

Stunt Position	Skill Inventory	Stunts
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(Please circle all that YOU can perform safely & consistently WITHOUT a spot)

*BHS= back hand spring

Base	Standing BHS	Prep bump-down	Extension Full-down
Backspot	Standing BHS Tuck	Prep cradle	Liberty Full-down
Flyer	Standing Tuck	Prep full-down	Stretch Full-down
Not sure	Round-off BHS	Show-n-go	Arabesque Full-down
	Round-off BHS Tuck	Basket toss	Scorpion Full-down
	Round-off Tuck	Straight-up Extension	
	Round-off BHS Layout	Straight-up Liberty	
	Round-off BHS Full	Straight-up Stretch	
	Elite Tumbling Pass	Straight-up Cupie	
	(Please list) _____	Straight-up Arabesque	
	_____	Straight-up Scorpion	



BGHS Cheerleader and Parent Rules and Regulations Agreement

Dear Parents and Interested Students:

This letter is to inform you of the involvement needed to be a member of the BGHS Cheerleading team for the 2017-2018 school year. This information should allow you to make a more educated decision concerning the commitment required to be a part of this athletic program.

Being a cheerleader involves more than just making the squad and cheering at games. Cheerleaders are required to be at practices, fund raising events, sign making activities, service projects, assemblies, games and other activities as assigned by the coaching staff.

Cheerleaders are part of a team and all members need to be present for their group to work smoothly. When scheduling other appointments or out of town trips, not only students, but parents must be aware of the event schedules so cheerleaders do not miss activities.

The following are financial obligations of the team:

Personal expenses

\$500 to be paid by June 30th for practice clothes, uniform pieces, shoes, tumbling and stunting clinics

Those who are not paid in full by September 1, 2017 will be dismissed from the team. All cheerleaders are required to pay the full amount once they are fitted for practice wear EVEN IF THEY CHOOSE TO WITHDRAW FROM THE TEAM.

This money is used to pay for personal property of the cheerleaders as well as activities participated in by the cheer teams. These items may include, but are not limited to:

- Practice uniforms
- Cheer bag
- Cheer shoes
- Briefs/Spankies
- Extra tumbling practice
- Off campus gym time
- Additional cheer gear

Ad Sales

- Freshman and JV cheerleaders will sell \$250 per cheerleader in ad sales
- Varsity cheerleaders will sell \$500 per cheerleader in ad sales.
 - The additional amount for Varsity covers additional traveling costs for Varsity sports team.
- Ad sale money goes to support the purchase of BGHS property and/or disposable items for current squads, These items include, but are not limited to:
 - Uniforms
 - Mats
 - Boxes
 - Megaphones
 - Competition fees
 - Out of town travel

Your signature below indicates you have received, read and understand the BGHS Cheer Program Rules and Regulations and are willing to commit to the responsibilities, time and financial obligations involved.

Student Name (printed) _____

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____