

Loyalsock Township High School Cheerleading Tryout/Candidate Packet

Dear Parents/Guardians,

I am very excited about your child's interest in the Loyalsock Township High School Cheerleading program. Varsity tryouts will be on April 24th with tryout practices April 21st-23rd. These practices will be 5:30 PM – 7:30 PM. Tryouts on the 24th will start at 9 AM. Please be sure to read all of the information in this packet and feel free to ask me any questions prior to tryouts.

Loyalsock Lancer High School Cheerleaders are expected to set a high example of excellence, both on and off the field/court. They are expected to always be respectful to teachers and administrators, as well as their peers. Loyalsock Lancer Cheerleading is a huge commitment, not only for the athlete, but for the parents as well. Please take the time to consider the financial and time obligations carefully. There will be many opportunities for the cheerleaders to fundraise to help cover expenses.

Academically, the cheerleaders have a minimum standard they must meet, however I expect them to exceed that minimum by always doing their best in the classroom. Please make sure that your child's involvement in this program will not interfere with any other extracurricular, school or personal commitments.

Again, I am thrilled that your child is interested in trying out for Loyalsock Lancer Cheerleading. If you have any questions, please feel free to contact me. I can be reached via phone or text at (570)506-3685 or via email at mjcbarnett@gmail.com.

Sincerely,

Marissa Barnett

Loyalsock Township High School Varsity Contract/Code of Conduct

Lancer Cheerleaders:

The purpose of the LTHS Cheer program is to promote school pride, unity and to lead the student body in demonstrating spirit and support for our teams, coaches, and all athletes. Cheerleaders are the most visible representative of our high school. LTHS Cheerleaders are expected to demonstrate excellent sportsmanship at all times. As a high school cheerleader, a level of maturity and responsibility will be expected. **There are two seasons for a LTHS Cheerleader: Summer/Fall season – Football. Winter/Spring Season – Basketball and Competition.**

I. Eligibility & Grade Requirements

- a. Cheerleaders must meet the standards set forth in the LTHS school handbook.
- b. Student first, athlete second. Grades are of the utmost importance and low and failing grades will not be treated lightly.
- c. Every Thursday morning, grades will be checked by the athletic office as per the school's code of conduct. If a cheerleader is failing two classes at that time, they will not be able to participate in cheer activities that Monday-Saturday and are not allowed in uniform – no exceptions.
- d. If failing the two classes, the cheerleader will still be required to attend practices and home games, however they will spend that time working on school work under coach's supervision in an attempt to raise grades. This is not to be considered a punishment, as the coach and team only wants what is best for the student.
- e. If a cheerleader goes 5 weeks without improving grades, he/she will be removed from the squad so they may focus on grades.
- f. Missing practice due to homework is not an eligible excuse, assuming a position on the squad requires time-management and a good work ethic.
- g. **If a cheerleader chooses to not participate in the winter season, they will not be eligible to letter/banquet and considered an unfinished season.**
- h. Positions are not guaranteed every year.

II. Standards and Code of Conduct

- a. No profanity while in or out of uniform.
- b. No chewing gum while in uniform or during practice/games.
- c. **NO JEWELRY**
- d. No cell phones, friends, or boyfriends/girlfriends allowed at practice.
- e. No negative and /or bad attitudes.
- f. No drama will be tolerated; **we are athletes at all times.**

- g. You will treat captains, coaches and team members with respect at all times. Failure to follow this will receive a suspension from a game(s) and/or practices.
- h. No outburst of undesirable behavior, such as rage, whining or anger, will be tolerated.
- i. Team members are expected to be honest and truthful at all times.
- j. The following behaviors are prohibited and subject to being benched or dismissed from the team:
 - i. Smoking, drinking alcohol or drug use at any time.
- k. Tardiness is not acceptable; 5 minutes early is on time! Tardiness will result in additional conditioning for your entire team as well as considered a missed practice.
- l. Any negativity against another cheerleader/student or inappropriate behavior displayed on any social media by a cheerleader or parent/guardian will result in immediate removal from the team.
- m. **Bullying will not be tolerated. Bullying another team member or student will result in removal from squad.**
- n. No fake nails will be permitted at practice, games, or competitions unless approved by coach. Approval is based on length and stunting position. Penalty for not adhering to this will result as a missed practice or game.

III. Financials, Fundraising, & Forms

- a. Money and forms are expected to be turned in on time throughout the season.
- b. Payments are required for:
 - i. Summer Cheer Camp
 - ii. Camp Clothes
 - iii. Warm ups (to keep cheerleaders warm and dry during games)
 - iv. Sneakers and white socks
 - v. Spanks/Bloomers
 - vi. Body Liners
 - vii. Competitions
- c. Fundraising events are mandatory.
- d. Fundraising will occur throughout the season to help pay for items listed in (b) and for cheer equipment such as: mats, uniforms, poms, etc.
- e. Team members will have input on our fundraising opportunities
- f. Cheerleaders are allowed to seek out sponsors. Sponsors must make checks out to Loyalsack Varsity Cheerleading, not the individual.

IV. Physical Fitness

- a. The physical form provided by the school district must be completed and signed by a physician.
- b. All team members will need to receive an updated physical by the time FALL practices begin. Due date – TBA

V. Practices

- a. Practices are mandatory. Every single cheerleader is vital to the squad and is required to be at all practices. One person's absence disrupts the entire team's practice.
- b. Practices are set at the discretion of the coach, based on schedule and availability of facilities at the school.
- c. All team members are expected to have transportation arranged to and from practices and events.
- d. Absence from school means you cannot attend practice/game for that day.
- e. Cheerleaders are expected to notify a coach, in advance, if they are to going to be tardy or miss a practice.
- f. Missing practice for clubs and other extra-curricular activities is not considered excused (Unless previously discussed with a coach). Students with academic obligations will not be penalized.
- g. Having a job is not an excuse to miss practice. If you have a job, you need to make sure it fits with your cheerleading commitment.
- h. After 4 unexcused practices, the cheerleader may be dismissed from the squad.
- i. If missing a practice due to a doctor's appointment or for a school event, an excuse signed by the doctor or teacher will be required before the missed practice.
- j. Coach must be made aware of family vacations by a parent/guardian and missed practices due to vacation is considered excused.
- k. No cell phones, friends, or boyfriends allowed at practice
- l. Cheerleaders are responsible for their poms and are required to bring them to all practices.
- m. **Conditioning: stretching and running/juggling (if you use an inhaler please have one on hand). NOT RUNNING/JOGGING AND STRETCHING IS NOT AN OPTION. In order to build stamina all cheerleaders will run/jog at the start of practice. This is to be taken seriously. This is important for the cheerleaders in order to prepare for competition and prevent injuries.**

VI. Game Days

- a. Cheerleaders must come to games in full uniform and ready to go. If a cheerleader comes unprepared, it may be considered as a missed game.
- b. If a cheerleader misses the practices prior to game day – their positions may be moved or they may be benched for portions of the game.**
- c. Cheerleaders are expected to arrive at home games an hour before the game starts, unless directed otherwise by coach.
- d. Cheerleaders are responsible for their poms and are required to bring them to all games.
- e. Body liner, shell, skirt, spanks, sneakers, white socks, and bow must be worn at all games. Warm ups will be worn when there is bad weather.
- f. Cheerleaders are responsible for bringing appropriate equipment to all games.
- g. Hair will be worn as directed by coach. All up in a ponytail with a bow or half up, half down with bow.
- h. All games are mandatory. Excuses must be presented to the coach prior to the missed game.
- i. Unexcused absences from games may result in dismissal from the squad.
- j. As a team, we will make signs and decorate the stadium/gym before games. Participation in decoration is mandatory. It is a team builder and the purpose of cheerleading is to bring spirit to the community and decorations are included in spirit.
- k. Talking, unrelated to cheer, with squad members or crowd is not permitted. Cheerleader may be benched for that game if talking becomes an issue.**
- l. Game participation will be limited when practices are missed.

VII. Appearance/Uniforms

- a. All practice clothing, camp clothing, spirit wear and accessories are required and will be purchased by individual team members.
- b. All uniform parts will be neat and clean for every performance.
- c. Uniforms will be worn according to coach direction at all times. (No exposed midriffs, shirts with large armholes or undergarments will be tolerated). Uniform warm-ups and cheer uniforms may not be worn outside of cheer events, no exceptions.
- d. No jewelry will be worn while in uniform.
- e. No jewelry will be worn during practice events.
- f. No nail polish unless approved by coach prior.
- g. No alterations will be or can be made to uniforms.**

Tryout Information

Selection:

- Candidates will learn one chant, one cheer and one dance.
- Stunting technique will be judged
- Jumps will be taught/reviewed.
- Candidates will be given a number at random prior to tryout to determine the order in which they tryout.
- Candidates will perform jumps for judges individually.
- Cheerleaders will be selected for Fall and Winter sports and competitions.
- All candidates will tryout using the same material.
- Candidates will try out in pairs or groups of 3.
- The same panel of judges will score all candidates.

Appearance:

- Candidates will wear plain black or navy shorts, a plain white t-shirt or a Loyalsock cheer t-shirt, white sneakers and white no-show socks.
- Hair needs to be in a ponytail with bow optional.
- No jewelry or gum at tryouts.

Tryout Material

Jumps – (1) toe touch, (1) optional. Example: pike, hurdler, double toe

Chant – 1 person calls “You’ve got to get up, and get em” clap

Words:

LANCERS (pause) LANCERS.

You’ve got to get up,

and get em. X3

Cheer – other person calls “Maroon and White” clap

Words:

LANCERS!

Let’s start the show

Yell it out, come on here we go

MAROON

AND

WHITE

Maroon and white

LANCERS!

The best by far

Yell it out, you know who we are

WE

ARE

LANCERS

We are Lancers

Maroon, and white

We are Lancers

Dance

Optional tumbling – max 5 pts extra

- 1 pt cartwheel
- 2 pt roundoff
- 3 pt back walkover
- 4 pt back handspring
- 5 pt back tuck

Stunts – max 8 points

- 1 pt prep
- 2 pt extension
- 3 pt lib
- 4 pt 1 legged skill

Dismount

- 1 pt cradle
- 2 pt bump/sponge
- 3 pt baja or superman
- 4 pt twist of any kind (full down, rewind, etc)

Loyalsock Township High School Cheerleader Candidate Information Form

Student Name: _____ Current Grade: _____

Birth date: _____

Parent(s)/Guardian Name(s):

Parent(s) Phone Numbers:

Parent(s) e-mail(s):

Cheerleader's Phone Number:

Cheerleader's Email:

1. List 3 personal cheer goals you have for this season.

2. List any previous cheerleading or tumbling experience you have:

Application for Cheerleading Tryouts

My child, _____ has my permission to be a cheerleader at Loyalsock Township High School. I understand that he/she must abide by the rules and regulations set forth by the coach and the principle of Loaylsock Township High School, and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter/son to ride with the coach and/or other parents when necessary. I understand that all forms attached must be completed by the start of tryouts or my child will not be allowed to tryout. I understand that my child must attend all practices (unless excused by the coach) and tryouts sessions, or my child will not be considered for the cheerleading position.

I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved as stated in the rules.

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 are, how many spotters used, or what landing surface is used, the risk cannot be eliminated.

I understand these risks and will not hold Loyalsock Township High School or any of its personnel responsible in the case of accident or injury at any time.

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|------------------------------|----------------|------------------------------|----------------|
| _____ | ____/____/____ | _____ | ____/____/____ |
| Parent or Guardian Signature | Date | Parent or Guardian Signature | Date |

I am interested in being a cheerleader at Loyalsock Township High School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the coach and principle of Loyalsock Township High School. I promise to cooperate and full the instructions of the cheerleading coach.

Student Signature: _____ Date: ____/____/____

Grade next year: _____