

Central Private School Cheerleading Tryout Information Packet
2022-2023
Coash Shore Fleury- Cheer Sponsor
sfleury@centralprivate.org
225-772-1322

Dear Prospective Cheerleaders and Parents,

Thank you for your interest in becoming a member of the Central Private School cheerleading program. Please read over this informational packet carefully, as it contains important information regarding tryouts as well as information for the upcoming season.

I take pride in the cheer program at Central Private School and all athletes and parents are expected to follow rules and agree to them before tryouts. Attendance is **MANDATORY** at the clinic and tryout date. Clinic days and tryouts will be **CLOSED** to family and friends. **On Tuesday, March 29th**, I am holding an **optional** pre-tryout clinic. I encourage all to attend. There, I will be discussing the score sheet, changes for the upcoming year, and also giving critiques and advice leading up to tryouts. For the upcoming year, the program will consist of two teams, Junior Varsity and Varsity. Judges will be handpicked, and the panel will be made up of experienced cheerleaders. If a prospective cheerleader has questions regarding their placement or scores, they may request to see their score sheets at a later date. However, all decisions are **final**. Please send me an email, and I will be happy to set up a meeting.

It is an honor and privilege to become a Central Private Cheerleader, and your role on the squad should not be taken lightly. As a squad, we do much more than cheer at games. We take part in community service, pep rallies, fundraising and most importantly, we are role models and ambassadors of Central Private School. I look forward to meeting you all, and I cannot wait for the cheer season to begin!

Sincerely,
Coach Shore Fleury

Please direct questions to CPS Cheer Sponsor via email or phone number listed above.

CHEER TRYOUT REGISTRATION

You can complete registration right from your laptop or phone.

<https://forms.gle/L3kaRdg3KcN7U4HC9>

TRYOUT DATE:

Saturday, April 2, 2022, at 3PM

OPTIONAL PRE-TRYOUT CLINIC (\$10):

Tuesday, March 29, 2022, from 4:00PM-5:30PM

Fee must be turned into Coach Shore **before** clinic begins.

MANDATORY TRYOUT CLINIC:

Girls must attend both clinic days to be eligible to try out.

Wednesday, March 30, 2022, from 4:00PM-6:00PM

Friday, April 1, 2022, from 4:00PM-6:30PM

TRYOUT FEE:

\$25 (Judges Fee- CASH ONLY)- Must be turned into Coach Shore on the first day of clinic.

TEAM MEETING/FIRST PRACTICE:

April 6, 2022, from 4:00PM-6:00PM

PARENT MEETING/FITTING APPOINTMENT WITH VARSITY:

Sunday, April 2, 2022 at 4PM

CLINIC AND TRYOUT ATTIRE:

You may not wear any item of clothing that indicates prior membership on a cheerleading squad. Please dress appropriately (no bare midriffs, etc.). Sports bras and spandex under shorts must be worn. Jewelry and artificial nails are **strictly prohibited**. Hair should be out of the face (ponytail or half up half down) with a ribbon for both clinic and tryout days. If you do not own cheer shoes, tennis shoes are required.

TRYOUT CRITERIA:

- Tumbling (not required, but will be scored as bonus)
- Toe Touch and Optional Jump
- Cheer (will be performed individually)
- Situational Sideline
- Timeout Dance
- Stunting Evaluation (Friday, April 1)

Please complete and turn in this packet by **Tuesday, March 29th**, to Coach Shore (via email or at optional clinic).

GOALS AND PURPOSE:

Our goal is to always represent Central Private School in a positive manner on and off campus. Cheerleaders are held to high standards as they are to promote and uphold school spirit with pride. The attitude, dedication, and enthusiasm of the team are just as important as the skills involved. Central Private Cheerleaders are expected to work hard and build a culture that will respect the squad for their hard work and determination.

ELIGIBILITY:

You must be registered, with fees paid, for the 2022-2023 school year at CP, have a 2.0 midterm GPA, and be current on all financial obligations with the business office prior to tryouts. A physical should be done within the last year and on file. If you were a previous cheerleader that quit in the middle of the season, you must wait a full year to be eligible to tryout again. Attendance is required, unless approved, at all practices, games, camp, school events, and Homecoming Dance.

• ATTENDANCE

- PRACTICE: Attendance at all practices are required. If you must miss a practice, Coach Shore must receive either an email or text from the cheerleader and/or parent as soon as you know that you will miss practice.
- CPS EVENTS: Cheerleaders will cheer at football games, assigned volleyball games, assigned basketball games or any other event deemed necessary by the sponsor and/or administration (i.e. pep rallies, homecoming dance, Central Christmas Parade, fundraisers, etc.). There are no “free passes” for games.
- CAMP: Cheerleaders are **required** to attend UCA camp.
06/13/2021-06/16/2021- Crowne Plaza Baton Rouge

• UNIFORMS

- GAMEDAY UNIFORM: Cheerleaders will purchase a full uniform that is to be worn for games (unless otherwise specified). It should be clean for every game.
- PRACTICE UNIFORMS: Cheerleaders will be notified by their coach with the help from their captains each week regarding the practice uniforms needed for that week. If they are out of uniform, the whole team will condition.
- NO jewelry or artificial nails is to be worn while in uniform. This is during practices, games and events, unless stated otherwise by the coach.

• CONDUCT

- BE ON TIME: If you are late for practice or an event without an excuse, you will receive a demerit, and you will have conditioning.
- BE RESPECTFUL: Failure to show respect for your coach or teammates will result in a demerit. You must remember you are part of a team.

- **ESTIMATED COSTS**

While I cannot give an exact amount, I can give you an estimate that should be fairly close. I will be sending out individual Varsity Spirit orders with pricing and sizes for each girl. I MUST have each girls' signed contract to order. This will confirm financial commitment to the 2022-2023 JV/Varsity CP Cheer Team.

Charges below are estimated.

UCA Camp: \$400.00

Cheer Uniform(s): \$400.00

Pom Poms: \$25.00

Cheer Shoes: \$120.00

Practice Shorts (3): \$75.00

Practice Shirts (3): \$60.00

Booksack: \$75.00

Warm Up Suit: \$120.00

Due Dates for Fees:

April 8th: \$500.00

May 13th: \$500.00

June 3rd: Remaining Balance

SUMMER WORKOUTS/SCHOOL YEAR PRACTICES:

Each cheerleader will receive a calendar each month stating practices, games, and events.

If you make the 2022-2023 squad, you will receive your first calendar at the first team meeting/practice.

ALL practices leading up to camp are MANDATORY.

All practices will be closed to prevent distractions and avoid interruptions. Cheerleaders will be required to silence phones during practice. Practice times should be considered top priority. There is no time for play or private conversations during practice. Please do NOT schedule routine appointments during scheduled practice times. All practices are mandatory, unless excused by the coach. During the summer, vacations are allowed. However, vacation dates must be scheduled after camp. Practice/event calendars for the summer will go out at the first practice.

Cheerleaders must be present at school for four (4) hours to attend practice. Practice times may fluctuate to accommodate other sports. All cheerleaders will receive a calendar at the beginning of every month stating all practice times, games, and/or events. I will try my best to make a set practice schedule. Please refer to the demerit system for excused/unexcused absences.

Central Private Varsity Cheerleading Demerit System

A system of demerits will be used as form of discipline. Any team member receiving a total of 15 demerits for any reason will be dismissed from the squad. Each demerit acquired will result in conditioning. At 7 demerits, a parent will be notified, via email, of the situation and cheerleader will be benched for the next game. At 10 demerits, a parent will be notified, and the cheerleader will be put on Disciplinary Probation. At 15 demerits, the cheerleader will be dismissed from the team. Disciplinary Probation is a probationary period set forth by the coach due to an inappropriate conduct or rule infraction by a team member. During this probationary period, the team member is not allowed to take part in games/events.

CONDUCT AND APPEARANCE

- Wearing jewelry or artificial nails at games or practice (1)
- Chewing gum or eating at undesignated times (1)
- Incorrect uniform for a game/performance (3)
- Incorrect uniform for a practice (2)
- Display of physical affection in uniform (PDA) (1)
- Unsportsmanlike conduct (2)
- Using cell phone at practice/game without a coach's approval (2)
- Using inappropriate language (2)
- Inappropriate material posted on Social Media (3)
- Receiving a write up or suspension (3)
- Tardiness to practice or game (2)
- Excessive talking while cheering (2)
- Tardiness after half time (2)

ATTENDANCE

- Unexcused absence from practice (5)
- Unexcused absence from game (8)
- Excused absence from practice with a parent note (3)
- Excused absence from practice with a doctor's note (2)

CAPTAIN AND CO-CAPTAIN CRITERIA:

Cheerleaders trying out for captain and co-captain must be a current sophomore or junior and have at least one (1) year of previous experience on the CP team. The decision will be made by team vote, interview questions, and tryout scores. As the coach, I will make the final decision and also have the ability to remove captain/co-captain at any time. Captains must have a good academic and disciplinary standing. They must also be totally objective and in command in practice and at games. They must enforce rules equally, be a strong leader for the team and inform the coach of any and all problems on the team.

You DO NOT need to be the best tumbler, stunter, etc. on the team to receive this position. However, you need to be approachable, kind, hard-working and dependable. Be prepared to work hard for this program inside and outside of practice.

INTERVIEW QUESTIONS:

Name 3 qualities that you think a captain should have:

- 1.
- 2.
- 3.

As a captain, what is one thing that you would change from previous years to lead your team in a positive way?

If you are not chosen as captain or co-captain of your team, how will you maintain a leadership role and exhibit a positive attitude throughout the season?

Cheerleader Information Form

Cheerleader's Name: _____ Grade (rising): _____

Cheerleader's Primary Address: _____

Cheerleader's Phone Number (cell): _____

Cheerleader's Date of Birth: _____

Mother's Name:	Father's Name:
Mother's Cell:	Father's Cell:
Mother's Email Address:	Father's Email Address:
Mother's Address:	Father's Address:

I have read and understand all of the requirements and costs involved in becoming an CPS cheerleader. I have looked over the tentative calendar and I am aware of practice dates and requirements. I also agree to attend all football games, volleyball games, and basketball games that I am assigned to, along with any other team events, and will provide my own transportation to all events for cheerleading.

Student Signature Date

I have read and understand all the requirements and costs involved with my daughter being a CPS cheerleader. I also agree to provide my own transportation for my daughter to all events for cheerleading.

Cheerleading Tryout JV/Varsity Selection Form

This season for the CPS Cheerleading Program, it has been decided for high school to have two teams (Junior Varsity Squad and Varsity Squad). With this decision, this will eliminate having to cut girls from the tryout process. However, it is your choice on which team you would like to try out for. Please read the statements carefully below and sign to indicate whether you will be trying out for either teams or varsity only.

I have read and understand that I will be trying out for a chance to be placed on either the JV Squad or Varsity Squad.

Student Signature _____ Date _____

I have read and understand that I will **ONLY** be trying out for the Varsity Squad. I also understand that if I don't have the score to be on Varsity, I will not be on Junior Varsity, ultimately getting cut from the tryout process.

Student Signature _____ Date _____

Updated 11/2021

PARTICIPANT LIABILITY RELEASE AND WAIVER FORM



To be completed by all PARTICIPANTS (including COACHES/ADVISORS)

Every participant (including coaches/advisors) must have an original, completed and signed release form in order to participate.

Name/Minor's Name _____ Minor's Parent/Legal Guardian _____
Address _____ City, State, Zip _____ Phone (____) _____
Emergency Contact _____ Emergency Phone (____) _____ Camp/Event Date(s) _____
Camp/Event Location _____ School/Team Name _____
Division/Team Type _____ Cheer[] Dance[] Band[] Song[] Other[]

Liability Release: For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I, on my own behalf and/or on behalf of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow me and/or Minor to participate in the above camp/event ("Event") to be conducted by Varsity Spirit LLC ("Varsity Spirit") and agree to this Participant Liability Release and Waiver Form. I, on my own behalf and/or on behalf of Minor, acknowledge and agree that participation in the Event subjects me and/or Minor to the possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, on my own behalf and/or on behalf of Minor, acknowledge that I and/or Minor is assuming the risk of such illness or injury by participating in the Event and assume full responsibility for my/Minor's participation. I, on my own behalf and/or on behalf of Minor, further agree to release and to hold harmless Varsity Spirit and its parent(s), subsidiaries, and corporate sponsors ("Sponsors), the hosting site (university, hotel, convention center, high school) on whose premises the Event will occur and/or the online platform through which the Event is being conducted if all or any part of the Event is conducted virtually, the affiliates and brands of Varsity Spirit, the National High School Cheerleading Championships, Inc., a not for profit corporation ("NHSCC"), U.S. All Star Federation, Inc., a not for profit corporation ("USASF"), USA Federation for Sport Cheering, a not for profit corporation ("USA Cheer") and the respective directors, officers, representatives, members, agents and employees of the preceding parties (hereinafter collectively "Releasees") from and against any and all liability whether caused by negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that I and/or Minor may incur or sustain during the Event, all activities associated with the Event, and while traveling to and from the site for the Event or any other location from which I and/or Minor is participating in the Event, whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by me and/or Minor or by any other persons on account of damages of any character resulting to me and/or Minor in any way from the foregoing activities, or in connection with my/Minor's participation in the Event. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

Supervision: An adult (age 21 and over) is required to attend the Event with participants. This adult will be responsible for the participants at all times. The Releasees are not responsible for participants' supervision.

Appearance Agreement: I understand that as a participant and/ or spectator at the Event that I and/or Minor may be included in recordings, streaming, videotapes, photographs, DVDs, podcasts and videocasts taken during the Event. Therefore, without reservation or limitations, I, on my own behalf and/or on behalf of Minor, hereby irrevocably assign, transfer and grant to Releasees and their successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape me and/or Minor and to utilize such videotapes and photographs and my and/or Minor's name, image, face, likeness, voice and appearance as a part of the Event, in advertising and promoting the Event, in advertising and promoting similar future events, or in advertising and promotions relating to Releasees, in any media now in existence or hereafter developed, without further compensation and without reservations or limitations. I further understand that neither Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges herein granted. I waive any right to inspect or approve any materials related thereto.

Event Rules: I further acknowledge and understand that Varsity Spirit has established rules and regulations pertaining to conduct, behavior and activities of all Event participants. I, on my own behalf and/or on behalf of Minor acknowledge that I have received, read and understand the Event rules, by which I and/or Minor agree to abide during the Event, and that I and/or Minor will be responsible for my/his/her failure to abide by those rules and regulations. I, on my own behalf and/or on behalf of Minor understand that violation of the rules can result in dismissal from the Event with no refund.

Medical Release: I, on my own behalf and/or on behalf of Minor, acknowledge and agree that participation in the Event subjects me and/or Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, on my own behalf and/or on behalf of Minor, acknowledge that I and/or Minor is assuming the risk of such illness or injury by participating in the Event. In the event of illness or injury of myself and/or Minor, I authorize Varsity Spirit to obtain necessary medical treatment for me and/or Minor and hereby I, on my own behalf and/or on behalf of Minor, release and hold harmless Releasees in the exercise of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of me and/or Minor for any illness or injury that I and/or Minor may sustain during the Event and while traveling to and from the site for the Event or the location from which I and/or Minor is participating in the Event, whether or not the Event actually occurs.

I represent that any medication to which I and/or Minor is allergic or medications that I and/or Minor is currently taking are listed below. I agree that I and/or Minor shall bring medications which I and/or Minor is currently taking to the Event and shall consume the prescribed dosage for such medications.

Medications (if any): _____ Allergic to (if any): _____
Health Insurance Provider: _____ Policy Number: _____ Policy Holder Name: _____

I acknowledge that I and/or Minor suffers from the following condition(s): _____

COVID-19 Assumption of Risk and Release: On behalf of myself and/or Minor, I acknowledge that I am aware that participants are not required to prove immunization against COVID-19 or to wear masks, unless required to do so by state or local guidelines, in order to participate or attend the Event, and that certain risks associated with exposure to COVID-19 may exist at the Event. On behalf of myself and/or Minor, by participating and/or allowing Minor to participate, and by signing this Participant Release and Waiver Form, I, on my own behalf and/or on behalf of Minor, am assuming all risks, responsibility and liability concerning my and/or Minor's health and safety and possible exposure to COVID-19 in connection with the Event. I, on my own behalf and/or on behalf of Minor, agree to release and to hold harmless Releasees, from any and all liability, whether caused by negligence of the Releasees or otherwise, for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or associated with my and/or Minor's participation at the Event and my and/or Minor's possible exposure to COVID-19.

I, ON MY OWN BEHALF AND/OR ON BEHALF OF MINOR, HEREBY WARRANT THAT I HAVE READ THIS PARTICIPANT RELEASE AND WAIVER FORM IN ITS ENTIRETY AND FULLY UNDERSTAND ITS CONTENTS. I, ON MY OWN BEHALF AND/OR ON BEHALF OF MINOR AM AWARE THAT THIS PARTICIPANT RELEASE AND WAIVER FORM RELEASES RELEASEES FROM LIABILITY AND CONTAINS AN ACKNOWLEDGEMENT OF MY VOLUNTARY AND KNOWING ASSUMPTION OF THE RISK OF INJURY OR ILLNESS. I, ON MY OWN BEHALF AND/OR ON BEHALF OF MINOR, FURTHER ACKNOWLEDGE THAT NOTHING IN THIS PARTICIPANT RELEASE AND WAIVER FORM CONSTITUTES A GUARANTEE THAT THE EVENT WILL OCCUR. I, ON MY OWN BEHALF AND/OR ON BEHALF OF MINOR, HAVE SIGNED THIS DOCUMENT VOLUNTARILY AND OF MY OWN FREE WILL.

Signature/Signature of Parent or Legal Guardian: X _____ Date: _____

Relationship to Minor: _____ Minor Birthdate: _____