
Parents and cheerleading candidates, welcome to St. Francis High School Cheerleading! This outline was developed to help parents and students understand the commitment, expectations, processes, finances and requirements of our program. A further detailed program handbook will be given to the girls formally making the SFHS Varsity Competition Cheer team. **PE credit will be given to all students who make the competition team and complete the course as directed. Further information will follow if your daughter is chosen to the team.**

Staff: Cynthia Cost – Coach, Kailey Cost – Asst. Coach, Dana Bueno – PE Department Chair

Important Cheerleading Dates and Information

Try out Clinic Dates and Times

Thursday March 13, 2008	Informational Meeting 3:30 pm Serra Court
Wednesday April 9, 2008	3:30 to 5:30 pm, SFHS Gym
Thursday April 10, 2008	3:30 to 5:00 pm Room 407

Tryout Date and Time

Friday, April 11, 2008 at 4:00 p.m.

SFHS Gym

No one other than cheerleaders will be allowed at the practice session or at the tryouts, you are welcome to wait in other areas on campus. This includes parents and friends.

Cheerleading Tryouts

Please wear appropriate clothing for tryouts: dark shorts, white t-shirt, white socks and tennis shoes. Shirts must be tucked in and shorts must be worn at appropriate length. Long hair should be pulled up in a pony tail and no jewelry should be worn. No gum or food. This will be strictly enforced.

Selection Process

The St. Francis High School Competitive Cheerleading program will host a two-day pre-tryout clinic. The tryout day itself will assess the abilities, leadership skills and the potential of candidates for a position on the squad.

Notification of Selection

The girl's selected The St. Francis High School Competitive Cheerleading squad will be posted on the Monday April 14, after 3:30pm on the bulletin board near the cafeteria. We will then post on e-chalk later that evening.

Minimum Qualifications for tryouts

Candidates wishing to try out for the position on the squad must meet the following minimum qualifications:

1. If an incoming freshman or transfer student has completed the regular admissions application process before the posted deadlines
2. Have an overall GPA of 2.0 or higher and / or high school or previous semester grade of 2.0 GPA.
3. Not be on disciplinary problem
4. Have sufficient physical fitness, strength, and athletic skills to perform the cheerleading activities described below
5. **Have completed tryout application and returned to Mrs. Cost by April 9th.**
6. **Must have current physical form on file with Mrs. Cost by April 9th**
7. **Must return copy of current report card with tryout application by April 9th**

Selection Criteria

Candidates will be chosen on the following criteria:

- Strong Leadership qualities
- Confidence
- Independence
- Enthusiasm
- Charismatic presence
- Personality
- Voice
- Ability to involve the crowd
- Ability to remember routines

Each girl will be asked to and judged on the following criteria:

- Perform cheer chant taught at try-out clinic
- Perform cheer dance taught at try-out clinic
- Perform a cheer of your choice
- Why do you want to become a SFHS Cheerleader?
- What do you have to offer the SFHS program

Girls with tumbling experience will also be asked to show the judges their skills, the judges will not assist or spot your daughter at any time.

Parents please initial all skills she is able to do without assistance or spotting. I certify that my daughter is able to tryout and can do the initialed tumbling gymnastics skills completely on her own, with no assistance or spotting from another individual. DO NOT have your daughter attempt any skill she is not fully proficient in. The gymnastic information is strictly for placement.

- _____ No gymnastics
- _____ Handstand
- _____ Cartwheel
- _____ Round off

- _____ Standing Backhandspring
- _____ Round off Backhandspring
- _____ Round off Tuck/Multiple Back handsprings
- _____ Back handspring Back tuck, etc.
- I have been on a previous cheerleading team(s): _____

- Position: _____ Flyer _____ Base _____ Back Spot

Anything else you would like me to know about you: _____

Cheerleading Application

Name: _____ Age _____ Grade 2008 _____

Address: _____ City: _____ Zip: _____

Home phone #: (____) _____ Email : _____ Height: _____

My daughter, _____, has permission to be a cheerleader at St. Francis High School. I understand that she must abide by the rules and regulations set forth by coaches and school.

I understand, if chosen, my daughter will be required to attend summer camp and practices. I understand that if my child makes the competition cheerleading squad, that mandatory squad practices begin in July. All cheerleading squads will attend a summer camp. I understand and agree to pay all costs for uniforms and camp and participate in team fundraising.

I understand that all forms must be completed and turned in prior to Wednesday, April 9th or my daughter will be unable to tryout.

Parent/guardian Signature: _____ Date: _____

Parent Cell# _____ Home# _____

I am interested in being a cheerleader at St. Francis High School. I understand the risks stated above.

Student Signature: _____ Date: _____

Student email (please print) _____

Home Address: _____

School now attending: _____

T-shirt size YM YL YXL AS AM AL

For Coach use only

_____

At clinic 4/9 _____ 4/10 _____ Tryouts 4/11 _____

Notes: _____

SFHS CHEERLEADING Frequently Asked Questions

When are the tryouts for 2008-09?

You will attend a clinic April 9-10, at which you'll be taught a tryout dance and cheer. The tryouts themselves are April 11.

Do I need to have cheer experience to make the team?

No! Cheer requires skills in multiple areas – we dance, stunt, tumble, have sharp motions, and jump – all in one routine! If you have athletic ability or experience in any of these areas, we can teach you the rest.

Do I have to tumble to make the team?

No – tumbling is good to have, but is not a requirement. We cheer for various sports events, rallies and competitions.

What are the academic requirements?

You must have a minimum 2.0 GPA, with not more than one D and no F's.

How many cheerleaders will be on the squad?

We have a Varsity competition squad. We will not know how many make the team until we have tryouts the maximum will be 20.

What if I make a mistake in my tryout?

We are looking for athletic potential, loud voices, and lots of spirit! Skills are things we can teach – if you are confident and enthusiastic, minor mistakes do not generally have a significant negative impact.

I missed the kick-off meeting – can I still sign up?

Absolutely! Get a copy of the application from Mrs. Cost and be at the clinic on April 9th and 10th.I

Financial Commitment

Members of the competition squad will be responsible for the following:

- Purchase of Uniform, shoes, approximately \$265.00
- Camp Costs approximately \$355
- Uniforms will be ordered within one week of making the team. Parents will be responsible for full non-refundable payment at that time. The school will supply pom poms for students use during the year.
- Camp dates and costs will be finalized by April 11th, a \$50 non-refundable reservation fee will be due immediately to hold your student's camp spot. All other payments must be made in full 4 weeks prior to camp. (Currently camp is July 23, 24, 25, 26 at UC Davis, however, we are still confirming these dates and location, with possible optional date in June).

My daughter wants to take summer school but the team will be at Camp, what do I do?

Camp has morning, afternoon and evening sessions. She may attend summer school and attend in the afternoon and evening. She would have to make special arrangements for transportation. Camp is very important to help build team unity and skills. There is no cost reduction for camp if you miss the morning session.

Any other questions please contact Coach Cost at 452-3461 x 219, GO TROUBIES!