

PEHS CHEERLEADING

WINTER-COMPETITIVE 2011-2012 INFORMATION

Try-outs:

Monday, October 17th 5:30-7:30pm *located in the Field House*

Tuesday, October 18th 5:30-7:30pm *located in the Field House*

Monday, October 24th 2:30 until completion
Located in the Dance Room

After tryouts: ATHLETE MEETING immediately following! Do not leave

****1ST payment of \$100 is due Friday, October 28th!***

YOU WILL NOT BE ALLOWED TO TRYOUT UNLESS YOU DO ALL OF THE FOLLOWING:

1. Signed Athletic Code and Current Sports Physical
(turned into Mrs. Blankenship in the Athletic Office)
2. Fill out and return (All attached) on Monday October 17th:
Information Sheet
Size Sheet
Try-out Sheet
**Captain Sheet (if you want to try out to be a captain)*

Everything you need to know about Tryouts!

During the try-out sessions, participants will be evaluated on the following:

Motion Technique	clean, sharp, and levels
Voice	Projection, clear, enthusiasm
Jumps	Approach, execution, and landing
Dance	Motions, rhythm, coordination
Stunting	You will work with other participants to demonstrate your stunting technique and ability **We are not necessarily looking for the highest level of stunting, however we are looking for strong technique**
Tumbling	Standing and running tumbling will be assessed. Varsity Cheerleaders need to have either running or standing tumbling. <i>*However; if you cannot tumble, exceptions may be made based on the needs of the squad. IE; if we need another flyer, we may take a flyer that does not tumble.</i>
Overall Appearance	No jewelry, piercings, etc. Proper clothing and shoes should be worn. Hair should be completely out of the cheerleaders face.
Overall Character	Grades, behavior, teacher evaluation, and dedication (if cheerleader was part of the program last year)

Try-out Uniform for Monday, October 24th:

Black/Orange/Green Shorts (appropriate length please)

White or black T-shirt (No PEHS cheerleading logos)

Information for PEHS Winter Cheerleader

Practices:

We will typically practice 3-4 Days a week from 2:30-4:30pm. Depending upon competitions, we may also practice on Saturdays.

During Winter Break, we will most likely have of December 23rd through January 1st off.

We will be practicing and competing the last week of break. These will be **mandatory** practices and competitions.

Games:

We typically have two basketball games a week, Tuesdays and Fridays (some weeks may vary). Girls are required to ride the bus to and from the game.

Competitions:

JV and Varsity attend 5 competitions including Conference. In addition, Varsity attends IHSA sectionals and state if qualified. Hotels and transportation will be provided for the Cheerleader by the school.

Tumbling:

We encourage athletes to continue with Team Tumbling at TI; however this is only highly encouraged. You are to sign up if you are interested.

Winter Season Expenses

Practice clothes	\$ 75
Competitive Briefs (V)	\$ 20
Green Briefs (if needed for JV)	\$8
Competition Bow	\$ 20
Practice Bow	\$10
Fake Pony	\$20
Shoes	\$68
Choreography Clinic	\$85
Competition Shirt (V)	\$15
Bag (Optional)	\$25
Warm-up (Optional)	\$100

*These estimates are approximate and subject to change and are given to provide you with an idea of the cost.

IN THE EVENT OF AN EMERGENCY.....

Emergency Contact: _____

Relationship: _____

Emergency phone: _____

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Relationship: _____

Emergency phone: _____

Allergies: _____

Physical Limitations: _____

Additional Medical Information: (previous injuries, medical conditions, etc.)

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examination, and immunizations for the named student. In the event of an emergency arising out of a serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is unable to communicate with me, the treatment necessary for the best interest of the named student may be given.

Permission is also granted to the athletic trainer to provide the needed emergency treatment to the above-named athlete prior to admission to the medical facilities.

Parent/Guardian's Signature

Date: _____

PLAINFIELD EAST HIGH SCHOOL CHEERLEADING

Name: _____

Please circle the correct size for each of the following ONLY IF YOU NEED THEM (warm-up pants/jacket), by circling the size you are saying you want me to order them for you. The size you select is the size you will receive.

Reg. T- shirt: YL AS AM AL

Fitted T-shirt: YL AS AM AL

Shorts: YL AS AM AL

Warm-Up Pants: YL AS AM AL

Warm-up Jacket: YL AS AM AL

Briefs: YL AS AM AL

Shoe size:

4.0 4.5 5.0 5.5 6.0 6.5 7.0 7.5 8.0 8.5 9.0

9.5 10.0 10.5 11.0 11.5 12.0 12.5 13.0 13.5

PEHS
Winter 2011-2012
Competitive CHEER

*Please circle the answer that is most appropriate.

I, _____

Am trying out for the position of:

****CIRCLE ONE**, if you can do two positions, please **UNDERLINE** the second position******

Main Base

Flyer

Side Base

Back

Circle One Please

***Junior Varsity Squad ONLY**

***Varsity Squad ONLY**

***Either Squad**

Captain Questionnaire

If you are a Senior trying out for Varsity and are interested in becoming a **CAPTAIN**, please fill out and return this form:

NAME: _____

As a PEHS Cheerleader, what would you be able to contribute? _____

As a PEHS Cheerleader, what would you expect from your teammates? _____

How would you describe the role of a PEHS cheerleader? _____

Why would you like to be considered for the role of team captain?

As Captain, how would you handle the following situations?

(You can attach another piece of paper if needed)

1. One of your teammates tells another they think you are being too bossy or mean.
2. One of your friends is constantly late for practice or games.
3. No one seems to be "into" the game. Your teammates are not actively participating in the crowd cheers and sideline cheers.
4. Some of your teammates feel like you are being unfair even though you were following coach's instructions.
5. You over hear a couple of your teammates complaining because you asked them to cheer instead of talk to the crowd or each other during the game.
6. Your team is losing and the crowd is disappearing.
7. You notice there are some cheerleaders that are not stunting correctly during practicing, they are even laughing when their stunt falls.