

Kingston High School Cheerleading Tryout Packet 2021 - 2022

Tryout Checklist:

- Current ASB card
- Current physical on file and impact testing completed at KHS
- Athletic Online Registration @ www.familyid.com
- Signed acknowledgment of expectations and rules *see application packet
- 3 teacher evaluations *see application packet
- Signed financial commitment policy *see application packet
- Student Information Form *see application packet

DEADLINE FOR TRYOUT SIGN UPS AND PAPERWORK IS JUNE 1st
ABSOLUTELY NO EXCEPTIONS.

2020-21 Cheer Tryouts Schedule

Monday, June 1st through Wednesday, June 3rd, from 3:30 to 6:00 pm on the KHS Track
**Tryouts are closed to the General Public-only judges and participants will be in attendance*

The squad will be announced the final day of tryouts on our public Instagram page following tryouts.

Cheerleader Selection Process:

All Candidates will learn one Cheer, One Sideline Chant, and the Kingston High School Fight Song Dance. Stunting, jumps, and tumbling will also be included in scoring.

Breakdown of points / percentages:

Teacher Recommendations 25 Points
Stunting/tumbling 10 pts
Jumps 10 pts
Sideline Chant 10 pts
Group Cheer 10 pts
Kingston High School Fight Song Dance 10 pts
General Spirit / Rally 10 pts
Total Possible of 85 Points

Scoring process:

Categories scored from 1 to 10, with 10 being the highest. You are being judged in the following areas:

Rally/entrance – smile, enthusiasm, confidence, jumps, tumbling

Voice/Loudness – Clear, Loud words

Sharpness of Motions – Motions are sharp and placement is correct

Overall Performance – you know the routine, exude positive energy, and handle challenges with a positive attitude.

Kingston High School Cheerleading Expectations and Requirements

Please read the following before signing up to be a member of the Kingston High School Cheer program.

Mission statement:

Kingston High School's Cheer program offers a unique opportunity for personal growth, leadership and involvement in diverse activities. Our cheerleaders are committed to the highest level of performance, self-discipline, respect for their school, and the responsibilities related to the pursuit of school spirit and pride. KHS cheerleaders demonstrate a proven ability to balance academic requirements and demands with extracurricular and personal activities. Being the most visible and most recognizable representative of our school, the KHS cheer squad is in the position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrates these standards. Appropriate behavior will help to earn the respect of the student body, which is the core to developing effective school spirit and student involvement. The cheer coach works in conjunction with the KHS Athletic Department in enriching the mental, physical and emotional well-being of all students providing competitive opportunities in which the lifelong values of sportsmanship, individual effort, teamwork, integrity and commitment are emphasized.

Football, Basketball, and Competition cheer seasons: Open to all incoming freshmen, sophomores, juniors, and seniors of the next school year. The Football season cheer team will support all Fall sports. This includes cheering in uniform at all varsity football games (home and away), and attending and/or supporting all "home" games for the other fall sports (soccer, volleyball, etc.). Basketball and Competition season cheer team will support all Winter sports. This includes cheering in uniform at all "home" varsity basketball games, and attending and/or supporting all "home" games/meets for the other winter sports teams (wrestling, swimming, etc.).

A. Eligibility

- Must be currently passing all classes to be eligible to tryout and maintain a passing grade throughout the school year.
- Cheerleaders will follow the Athletic and Activity Code of Kingston High School.
- Must have a current ASB card to be eligible to tryout.
- Must have a current Athletic Registration and Emergency Form
- Up to date Physical on file in the KHS Athletic Office
- Signed Acknowledgement of Expectations and Rules by parent and athlete
- Current Concussion Test (complete online-see instructions in Cheer Teams files)

B. Practice and Tryout Dress Code

Practice apparel is athletic shoes, T-shirt, and shorts. Do not wear jeans or any type of jewelry. Must wear athletic shoes at all times, no bare feet or socks. It is important for your safety to be in the appropriate clothing. Arriving to practice not dressed in the appropriate attire will automatically call for your dismissal from practice; you may come back when you have dressed accordingly.

C. Squad Practices / Meetings

All Squad members are expected to be available for the following activities leading up to the start of the next school year:

- Attend all meetings and practices.
- Other summer events may be scheduled, i.e.: community service events, fundraisers, etc.
- All practices are held after school from 4:00 PM until 6:00 PM. (under Covid restrictions)

- Attendance is required at **all practices, fundraisers, and events**. Must abide by the attendance policy. Must turn in a doctor's note for all appointments. If you have an unexcused absence from a practice or an event, you may not be eligible to participate until determined by the coaching staff. If you miss school due to illness, you are not allowed to attend practice.
- Outside commitments should not conflict with cheerleading duties. Please consult the practice and game calendar BEFORE making personal appointments.
- Communicate directly to the coaching staff if you are going to be late or absent. Students should plan accordingly and let the coaching staff know of any conflicts in advance through remind, email, or a written note. Telling another team member to relay the message is NOT acceptable.
- The use of cell phones is strictly prohibited for the duration of cheer practices, games, or at any cheer related events unless given permission by coaches.
- Cheer practices are CLOSED SESSIONS and cannot be attended by parents, family, or friends without consent of the coaches.
- Learn all chants and material in a timely fashion. Use the resources given to you via handouts and videos of material posted on our Instagram and Facebook page.
- Attend all extra practices that may be scheduled in the beginning and throughout the season (primarily competition season, homecoming week, etc.).
- If the coaching staff feels that you are not able to perform the routines to the coaches' acceptable standards, the coaching staff has the right to remove you from the team. This applies to both sideline cheer and competition cheer.

D. PART-TIME JOBS/Running Start/All Star Teams

- Squad members may have a part-time job or participate in Running Start, if it does not interfere with cheerleading activities and responsibilities.
- Employers must be willing to work around your cheerleading responsibilities. Keep in mind that **after school practice is from 4:00 until 6:00 PM**, leaving early will not be tolerated.
- Due to the hectic schedule of the Winter Cheer & Competition Season, if you are a member of any non-school participation activities such as All-Star Teams, including Competitive Cheer or Dance Teams, you may try out for Football Cheer Season ONLY.
 - According to WIAA rule 18.22.3, Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.

E. Duties and Responsibilities:

- All squad members will participate in the sharing of general cheerleading duties (i.e.: sign making, creating new cheers, chants, and dance routines, planning of pep assemblies, etc.)
- Transportation to and from events will be worked out by the coaching staff and Athletic Director.
- Must display good citizenship at all times – on and off school grounds. Kingston Cheerleaders are expected to be a positive influence as a representative of Kingston High School to the community.

- Must abide by the same training rules and the KHS Athletic/Activity Code as all other athletes (Cheerleading is classified as an Athletic Activity at Kingston High School).
- Once selected as a member of the KHS Cheer Squad, breaking any rule of training or conduct will cause student to be suspended. The student must apply to the coaching staff and Athletic Director for a hearing before being allowed to turn out for the cheer squad again.

F. Finances/Costs – see attached Cheer Financial Commitment Form

- **Cost is approximately \$1000** (in a traditional school year). A payment plan can be worked out. We do not plan on spending this much of the cheer year. Please don't get discouraged with the amount and not tryout.
- All money must be turned in by the date is due for you to receive uniform pieces in the adequate amount of time before the first event. If money is not received by the due date requested, your uniform pieces will not be ordered and an additional processing fee will be incurred.

Due to the custom nature of uniforms and expenses, once items are ordered, you will not be refunded if you decide to quit or are removed from the team. You are still responsible to cover your cheerleading expenses. NO REFUNDS.

PLEASE NOTE: Students will not be excluded from this activity for monetary reasons, funding will be worked out on a needed basis. Students **MUST** participate in all fundraising activities.

G. Cheerleading Safety Guidelines

Please NOTE: Kingston High School Cheer performs stunts at an Intermediate to Advanced Level, injuries are very possible. Cheerleading is an extreme athletic activity. Kingston High School strives to protect each student from possible injury while engaging in school activities. The following guidelines have been established for cheerleading activities in order to protect the squad members and other from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper technique, safety precautions, and appropriate clothing are important aspects of this program. Each participant is expected to follow the directions of the Cheer Coach.

- No Coach, no practice of stunts! All mounts, lifts, or stunts can be dangerous if not executed or spotted correctly. Therefore, all mounts, lifts, and stunts must be practiced under the direct supervision of the coaches' complete attention.
- Inform coach if you are ill or have prolonged symptoms of illness or of any pre-existing injuries or limitations.
- Inform coach immediately if you or someone has been injured. Even if it is a "little thing" or the person is "OK".
- Be alert to any physical hazards in the practice room and in or around the performance area. Stunts may not be performed on wet or uneven surfaces. Inform coach of any hazards immediately. Always practice on school property.
- Must stretch out and warm-up properly **before** each practice.
- Be aware of supervisory staff of both teams and where they can be contacted in case of an emergency or to control an undesirable crowd member.
- Only current elected squad members are to be involved in cheerleading performances or activities.
- All mounts, lifts, stunts must be in agreement with the current WIAA and National Federation Spirit Rules and approved by the coaching staff.

- Absolutely NO JEWELRY is allowed. This is a National ruling which also includes “Plugs” or gauges.
- Fingernails must be kept to a sport length, this means that they are not past the tips of your fingers while looking at your palm.
- Taking part in a stunt without coach supervision is prohibited. Doing so could result in the removal from the team.

*Injured Students – Official notification of injury, and clearance to participate, from a doctor must be given in written form to the coaching staff BEFORE full program participation is allowed. It is still your responsibility to be present at all games, and other required events. You must be dressed in Cheer apparel, and you will remain as part of the Cheer Team.

H. Competition Cheer Squad

Competitions are scheduled December through February. This is during the same season as Basketball Cheer, therefore Basketball Cheer will automatically be part of the Competition Team. Football Cheerleaders are eligible to participate on the Competition Cheer Squad so long as they attend scheduled “competition” practices.

- This is a very busy and hectic season. Cheerleaders must have good grades, healthy living habits and a very strong work ethic to keep up with the pace.
- If you decide to quit the Competition Team, you will also forfeit your position on your Cheer Season.
- Competition team can change at any time due to ratios, skills, attitude, grades, preparedness, etc.
- Since the Routine is based on number of participants and each one is very valuable to the routine, Grade Checks will determine your eligibility to continue on the Competition Cheer Team.
- You must be passing all classes to remain eligible (C or above).
- If you are suspended or removed from cheer for breaking of any rule of conduct, you will automatically be removed from the Competition Cheer Squad.
- If you are no longer on the Competition Team, you are not required to attend the Competitions. If you decide to attend the Competitions, travel will be with your own mode of transportation and not the coaches, administrators, school, or district responsibility.

I. Discipline

Failure to comply with any and all items listed above may result in disciplinary action including but not limited to demerits, not participating in games, events, etc., suspension, and/or removal from the cheer team. Final judgement in demerits given will be by the coaching staff.

Cheerleaders will receive demerits for not adhering to the above expectations. The coaching staff will write out the demerit and give a copy to the cheerleader. The coach’s copy will be kept in the cheerleaders file. Demerits are cumulative throughout the year. If you receive 5 demerits there will be consequences that could include but are not limited to suspension and/or removal from the team.

Infractions

Minor

- Arriving 10min+ late to practice/game/event
- Leaving practice early
- Unexcused absence
- 5 excused absences
- Jewelry/Gum/Improper Hair/Long Nails
- Unapproved use of phone
- Excessive socializing at events
- Improper uniform
- Promoting unsportsmanlike conduct

1 Minor = Warning

2 Minor = Sit out one quarter of a game

3 Minor = Sit out first half of game and halftime show or special event performance

4 Minor = 1 Major

Major

- Inappropriate social media post/text
- Bullying
- Disrespectful to coach/teammate/official/student
- Profanity

1 Major = Sit out one full game or special event performance

2 Major = Parent/Coach conference

3 Major = AD conference

KINGSTON HIGH SCHOOL CHEER APPLICATION PACKET

Please complete this packet and turn in to in the high school office by Saturday, May 15th, before tryouts begin. Permission forms MAY NOT be accepted after this date.

Name:

ACKNOWLEDGEMENT OF EXPECTATIONS AND RULES:

I have read and accepted the Kingston High School Cheer Program expectation for the upcoming school year and I am aware of the time commitment, expenses, practices, and rules involved. I understand if selected to the squad, compliance with above is necessary to remain in good standing of the Kingston Cheerleading Program. I understand that if I do not abide by these rules, that I could be dismissed from the squad. The expectations of this document go into effect by the first day of Tryouts to the last day of the upcoming school year.

Signature of Participant / Student Date

I have read, understand and accept for my student the Kingston High School Cheer rules. I give Permission for my student to try out for this program. I recognize that my son/daughter will be held accountable to the rules described in this cheer packet. If he/she fails to fulfill the commitment, then I accept that he/she may be dismissed from the team with NO refunds. I understand and accept that the coaches have the complete authority to make decisions for the well-being of the team. I understand, acknowledge, and agree that Kingston Cheer Coaches or volunteers shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating with this team. In the event of illness or injury, I do hereby consent to medical/hospital treatments that are determined necessary in the best judgment of the at-tending physicians or dentists. I acknowledge that I have carefully read this Acknowledgment and Assumption of Potential Risk and that I understand and agree to its terms:

Signature of Parent / Guardian Date

Student Information Form

Name of student _____ Current Grade level _____

Do you have any previous injuries or medical issues? If so, please list:

Please list all Sport, Clubs and Activities that you participate in at Kingston High School:

Please list any activities that you participate in outside of Kingston High School:

Please list any obligations that may interfere with attending Summer Cheer Camp / Stunt Clinic:

Do you plan to participate in Running Start for the 2021-22 School Year? If so, Part-time or Full-time?

Why do you want to be a Kingston High School Cheerleader?

What ideas do you have that could improve School Spirit at Kingston High School?

Kingston High School Cheer - Financial Commitment Policy

- All Cheer squads will be self-supporting with no reliance on the school for financial assistance. You must be prepared to furnish cheer squad equipment and participate in all fundraising activities.
- Due to the custom design and manufacturing of all Cheer Uniforms and accessories – these items are non-returnable, nonrefundable.
- If you quit or are removed from the team, you are responsible for payment in full for all items that have been ordered, and events that have been paid for.
- Persons with a balance not paid will be turned in to the Athletic Office and fined. Full payment must be paid before your next sports season or graduation from Kingston High School

Estimated costs and payment schedule are listed below.

Bows \$50, *females only*
Warm ups \$95
Uniform \$330 *for females*, \$220 *for males*
Shoes \$75
Competition Fees \$50

I have read the Kingston High School Cheer - Financial Commitment Policy, and understand that I am financially responsible for all payments and costs related to being a member of the Kingston Cheer Program. I understand that these costs are Non- Refundable and all items are Non-Returnable.

_____/_____
Student Signature / Date

_____/_____
Parent Signature / Date

Teacher Evaluation Form

Athlete:

Teacher:

KHS Cheerleading Mission Statement

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Taking this mission statement into account, we would like you to fill out this confidential teacher evaluation form. We use this as a tool in selecting the cheerleading squad and greatly appreciate your time and input. Please score 1-5 in each category. Then turn in the evaluation into the Athletic Office no later than February 5th). You may send it to Coach Laramie Amezcua's email at

lamezcua@nkschools.org.

Please contact by phone (360) 779 - 8920

On a scale of 1 to 5, please rate the student in each area listed below: (5 = strongly agree and 1 = strongly disagree)

Student exhibits appropriate behavior

1 2 3 4 5

Student exhibits positive attitude towards teacher

1 2 3 4 5

Student demonstrates responsibility

1 2 3 4 5

Student demonstrates leadership skills

1 2 3 4 5

Student exhibits positive attitude towards peers

1 2 3 4 5

Student demonstrates dependability

1 2 3 4 5

Student is cooperative

1 2 3 4 5

Student turns in all assignments on time

1 2 3 4 5

Student is supportive of his/her school

1 2 3 4 5

Comments you feel would be beneficial for the coaching staff to know:

Teacher signature:

Teacher Evaluation Form

Athlete:

Teacher:

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