



Bloomington Jefferson High School

**Competition & Sideline
Cheerleading**

**Tryout Application Packet
2020-2021 Fall & Winter Seasons**

Tryouts:

Parent Info Meeting: April 22nd 7:00pm

Clinic Days:

April 20nd - 4:00-6:30pm - JAC1

April 22rd - 4:00-6:30pm - JAC1

April 23th - 4:00-6:00pm - Gymnastics Room

- Varsity Stunt Tryout - 6:00-7:00pm

Formal Tryout: April 24th 3:00-5:00pm Gymnastics Room

The online tryout application form must be completed before you will be allowed to participate.

www.jeffersoncheer.org

Please contact Coach Taylor Mancini with any questions:
jefferoncheercoach.taylor@gmail.com 651.214.7561

JHS CHEER TRYOUT INFORMATION



What is the difference between Sideline and Competition Cheer?

- **Sideline Cheer:** The sideline squads cheer for the Football, Boys & Girls Soccer, and Basketball teams at Jefferson. The main purpose of sideline is to support and represent the sport teams of JHS. Cheerleaders may also have the opportunity to perform at the fall kick-off, pep fests, and other school related events depending on which team they are on. Sideline cheerleaders are responsible for supporting JHS and its athletic teams in a positive and professional manner at all times. Fall season starts in the summer and goes through the duration of the season for the team they cheer for. Winter season starts in November and will go through the duration of the season for the team they cheer for as well.
- **Competition Cheer:** Jefferson will have a minimum of two different teams depending on tryout numbers. Teams are decided based on skill level and age. Competition teams compete a two and a half minute long routine at competitions held at local high schools and colleges throughout the season. They may also have the opportunity to perform at kick-off, half-times and pep fests. If the Varsity team qualifies at their regional competition in November, they will travel to Orlando, FL to compete at Nationals in February. Competition teams start practicing in the spring or summer and go through the month of January or February depending on the team you make.
 - Game Day - Varsity and JV Comp will also compete in the Game Day category in addition to their competition routine. The Game Day division consists of choreographed sideline cheers and school songs in a separate routine. Skills and material will be similar to what you would see on the sideline of a game.



New for the 2020-2021 Season

- The JHS Junior High Competition Team will now include 6th through 9th graders. Therefore, current 5th graders may participate in tryouts in April.
- If a cheerleader makes the JV Competition team, you will be required to cheer for Varsity Basketball as well. We will be dividing the girls up for the games so each girl will cheer at 4-6 home basketball games.



Parent Informational Meeting

There will be a parent informational meeting **Monday, April 20th** at 7:00pm in the Jefferson Cafeteria. At this meeting we will discuss and answer questions about both competition and sideline cheerleading, including the time and financial commitments. If you are new to JHS Cheer, **PLEASE** attend this

meeting so that you can receive all the information you need before tryouts. If you have any questions, please contact Coach Taylor Mancini at jeffersoncheercoach.taylor@gmail.com or 651.214.7561.

Tryout Timeline

Tryouts for the 2020-2021 cheerleading teams will be held **April 20th, 22nd-24th and April 25th** in both the Jefferson Activity Center (JAC) on Court 1 and the gymnastics gym. Please wear shorts, a t-shirt and cheer or tennis shoes. The time of tryouts will be 4:00-6:00pm, Monday, Wednesday, Thursday which are clinic days. These are the days you will learn and practice all the material needed for your tryout. Friday is the official tryout day, which will start at 3:00pm. You will tryout in a group of 4-5 and will be able to leave after you finish your tryout. Results will be posted on Friday no later than 9:00pm and will also be emailed to you.

<i>Monday, 4/20</i>	<i>7:00-8:00 pm</i>	<i>JHS Cafeteria</i>	<i>Info Meeting (New Families)</i>
Monday, 4/20	4:00-6:30 pm	JAC Court 1	Tryout Clinic
Wednesday, 4/22	4:00-6:30 pm	JAC Court 1	Tryout Clinic
Thursday, 4/23	4:00-6:00 pm	Gymnastics Room	Tryout Clinic
Thursday, 4/23	6:00-7:00pm	Gymnastics Room	Stunt Tryout
Friday, 4/24	3:00 - 5:00 pm	Gymnastics Gym	Formal Tryout
<i>Saturday, 4/25</i>	<i>9:00-12:00 pm</i>	<i>Gymnastics Gym</i>	<i>Apparel/Uniform Fitting</i>
<i>Saturday, 4/25</i>	<i>12:00-2:30 pm</i>	<i>Gymnastics Gym</i>	<i>Varsity Practice</i>
<i>Monday, 4/27</i>	<i>7:00-8:00pm</i>	<i>JHS Cafeteria</i>	<i>Mandatory Booster Meeting</i>

Apparel/Uniform Fitting

Following tryouts, we will have a required fitting for everyone who made a cheer team. **We strongly recommend a parent attend as well.** The fitting will be held in the gymnastics gym at JHS (on the east side of the main gym, lower level) on **Saturday, April 25th** from 9:00-12:00. Each team will be given a specific time to arrive. It is very important that you attend this meeting because we will be sizing each team member for their uniform, practice wear, and shoes. If you make a team and are unable to attend the fitting, you must contact Coach Taylor to schedule a makeup time.

First Booster Club Meeting

We will have a required parent/guardian meeting for all teams following tryouts. It will be **Monday, April 27th** in the Jefferson Cafeteria. The clothing and first Booster club payment will be due at this time and you will receive your invoice after the fitting on Saturday. If a parent/guardian is unable to attend this meeting you must schedule an individual meeting with the Booster Club President **prior to May 1st.**

Tryout Process

On the clinic days and tryout day, you will be observed by the Jefferson coaching staff. At the final tryout you will be asked to perform specific skills, and will be judged on a point system. We take into account

many factors other than your tryout score. Final decisions on team placements are up to the coaching staff and will not be changed once posted. Please remember that as coaches, our main goal is to place each individual on a team that they will be most successful on. We are looking not only at skills but also at growth potential, attitude, and willingness to learn.

Skills

You will be asked to execute the skills listed below for tryouts. If you haven't mastered all or any skills, do not be discouraged. We are not looking for perfection at this time, but that you are putting in 100%. All cheerleaders are expected to not only maintain the skills they tried out with, but to improve on them throughout the season. Lack of improvement in your performance and skills may result in being moved to a different team or dismissal. You are expected to continue to work hard after you have made a team. With that being said, you do have the opportunity to move up during the season based on the progression of your skills. No spot is ever guaranteed.

Tryout material and Requirements

- One sideline cheer (see below for words)
- Toe touch and jump of choice – You may add tumbling after jump
- Tumbling (with minimal or no spot)
 - Standing: Back Handspring, Back Tuck, Handspring/Tuck, etc.
 - Running: Round-off followed by hardest skill
- Stunting: We will be watching you stunt on clinic days throughout the tryout week. Coaches will be looking for your potential and willingness to learn. You may be asked to try or demonstrate a specific skill or to show what you have been working on. We suggest working on more than one position (flyer, base, back), as it will be beneficial to your team placement. There will be no stunting on the formal tryout day.
- Flexibility: Flyers will be asked to demonstrate a heel stretch and an arabesque.

Additional Requirements

- While tumbling is not required for all teams, it is required for the Varsity Competition team. A standing back handspring is the minimum requirement. Coaches will also be looking for elite skills such as standing tucks, handspring tucks and elite running passes. Please keep in mind that having these tumbling skills does not guarantee you a spot on a specific team. Coaches will be looking for the overall level of each athlete's skills and making all demonstrated skills important.
- Varsity flyers, or potential flyers, will be asked to demonstrate and show mastery of basic skills (Extension & Lib) and also a stretch full down. Coaches will also be looking for elite skills such as tick up and full ups.
- If you make the Varsity Competition team, you will be required to cheer fall sideline as well. The reason for this is that it better prepares the team for their competition season and gives the team a chance to work their skills and parts of their routine in front of a crowd before their actual season starts. Please speak with a coach if you have a concern with this.

Varsity Alternates

After summer practices are complete and the competition routine is set, some cheerleaders will be placed as alternates on the team. This means that the coaches see potential in the athlete but they may be missing specific skills (tumbling or stunts) that other girls on the team already have and can provide. Alternates will practice with Varsity and JV (if needed). They will be responsible for the same costs (camp, clothing, etc.) of a varsity cheerleader during that time. If at any time throughout the season a coach feels as though someone who is on the mat is injured, not doing their part or is making bad decisions, a current alternate can be asked to step up to take that place.

JHS CHEER EXPECTATIONS OVERVIEW

Practice

● Attendance

- Attendance is extremely important in cheerleading. It is mandatory from the beginning to the end of each practice. If a teammate is not there, we are unable to do their parts. Please think about your team when it comes to missing a practice.
- **Excused Absences:** In order for an absence to be excused, it must be communicated directly to your coach via email or phone call as soon as possible. We ask that we are given a **two week** notice for all extended absences, such as vacations or camps. We ask that you provide the reason for why you will be absent. Your coach has the final say on what is an excused absence.
- **Unexcused Absences:** Regular dental, orthodontist, doctor, other appointments and work will NOT be excused. Please schedule these appointments on days we do not practice. Consequences will be set and established at the beginning of the season. Excessive unexcused absences can be grounds for being moved to an alternate position or dismissal from the team. While every situation may be different, the coach has the final say on what is unexcused.
- **Sickness or injury:** If you are in school for the full day, you are expected to attend practice. If you leave school early due to illness/injury, you must notify the coach as soon as possible. If you are not in school, please notify your coach at the same time you call in to the school. All injuries require a doctor's note to both the coach and athletic trainer. If you do not have doctor or trainers note for an injury you will be expected to practice or it will be considered unexcused.

● Attitude/Representation

- You are expected to always dress in assigned practice clothes and cheer shoes. Be ready to go and stretched out 5 minutes prior to practice start time, with mats out. No hoods, sweatshirts or zippered clothing.
- No cell phone use during practice or it will be taken away.
- Closed practices—friends are not allowed
- Always respect your coaches and teammates. Disrespectful behavior to anyone will not be tolerated on any level and you will be asked to leave practice if you display this type of behavior.

Competitions (Competition Teams Only)

Each team will compete anywhere between 5 and 12 times a season. Competitions are held on weekends and start in October and go through February. For most local competitions, the teams will usually take a bus to and from the school. There will be a few competitions where transportation is not provided. In this case the cheerleaders/families are responsible for organizing their own transportation to and from the competition.

- **Competition Attendance**
 - **Mandatory** for all competitions
 - Injury: If you are injured or serving a suspension, you must dress as if you are competing in full hair and uniform, travel with the team, and cheer them on. Failure to do so will result in sitting the next competition as well.
 - Late: If you are late and miss the bus, you must find your own ride to the competition.
- **Competition Preparation**
 - No late nights or exhausting activities the night before – you will need a good night's rest and 100% of your focus. Curfews will be put in place based on time of the competition the next day. This will be up to each coach's discretion.
 - Arrive to the bus dressed, hair done (or as your coach has communicated to your team), have everything you need for the competition and your waiver turned in.
 - All cheerleaders are required to ride the bus to the competition if one is provided.
- **Attitude**
 - Remember that you are always representing your team, program, and JHS, both in and out of uniform.
 - You should always support and cheer on both your fellow teammates and other cheer teams at every competition.

Games (Sideline Teams)

The number of games you cheer will depend on the season and team you cheer for. The only team that travels to away games is the Varsity Football cheer team. All other teams will only cheer home games with the exception of Section and State tournament games. Transportation is not provided for any away travel.

- **Game Preparation**
 - Arrive at the field or court one hour before the start of the game or when you are told by your coach. At this time you will go over all necessary game material. You should always come to a game dressed and ready to go.
 - If you do not have any part of your uniform, warm-up or poms you will not be able to cheer.
- **Attitude**

- Remember that you are always representing your team, program, and JHS, both in and out of uniform.
- You should always support and respect the sport teams for which you are cheering for.

Tumbling

- Tumbling is an important part of competitive cheerleading, especially at the Varsity and JV level, however you do not need experience to tryout. We welcome and encourage everyone to try out, no matter what your skill level is.
- If you are on one of the competition teams, we provide tumbling instruction at Jefferson and outside gyms as part of our practice time. Tumbling is not required for sideline cheerleaders, but you are welcome to participate in it if you would like.

Lettering Policy

If you are on a Varsity Sideline team or on Varsity Comp team you are eligible to letter. You must complete the entire season without receiving any violations or breaking the code of conduct. You must also cheer at 80% of the games or compete in 80% of the competitions. Ultimately, the coach has the decision if an athlete will letter or not.

Behavior/Consequences

Any disciplinary action from the school or violation of the MSHSL rules and regulations will be carried out to the fullest, along with any addition consequences the coach decides on. This includes not only drug/alcohol use but also your use of social media and your academic progress. You must keep your Twitter, Facebook, etc. clean from any comments, photos, or videos that could be detrimental to the character of this program. We have high expectations for the cheerleaders both in and outside of JHS cheer. You are a direct representation of your team, program and school. Having the opportunity to be a part of JHS cheer is a privilege, NOT a right.

Fees

The required cost to participate in JHS Cheer is the individual family responsibility. The cost includes choreography, music, uniform rental, cheerleader development, administrative and competition fees. The cost of cheer for each participant is subsidized overall by group fundraisers like the car wash, Jag Jam dance, Cub Food's Brat Stand etc.

- The budget is based on dividing costs by the total number of team members, therefore, if a cheerleader quits or is dismissed, the money paid to date is not refunded.
- The payments must be made by the assigned due dates to ensure full participation for uniform rental, camps and competitions.
- If the Varsity competition team attends Nationals in Orlando, there are additional costs. Please see the attached Nationals sheet for details.

- If the cheerleader has an outstanding balance from the previous cheerleading season, they will be allowed to try out for the current season. However, if they make a team, they will be expected to pay for the past season before the new season starts.

APPROXIMATE COSTS FOR JHS CHEER TEAM(S)

The fees for the 2020-2021 Cheer season, which runs April – February (roughly 10 months), are shown below. The cheer fees may include the following items: Summer Camp, tumbling, choreography/music for competition routine, competition fees, coaching fees, uniform rental, banquet fee, and a booster admin fee. Another cost is the car wash tickets and Jag Jam Dance tickets. These are both fundraisers that you can earn all your money back by selling all your tickets.

We encourage our competition cheerleaders to also participate in sideline cheer, as a result there is not a separate JHS Cheer fee (except purchase of poms) to join sideline cheer if you are on a competition squad.

In addition to the cheer fees, cheerleaders are also required to purchase team clothing (t-shirts/shorts/shoes/warm-up etc). The costs for these items are separate and will depend on what the team the cheerleader is on and what clothing items they have already purchased in past seasons. The clothing list with pricing (required and optional) will be available for parents at the clothing fitting on Saturday, April 25th.

Cheer fees for competition and sideline squads will be due in multiple installments over the course of the season along with many fundraising opportunities to raise money for your individual account. When looking at the costs for each team, please keep in mind that these fees are for a 10 month season.

Please look this over before tryouts so that you are aware of the financial commitment. If you have any questions on the JHS Cheer costs please contact Janelle Dokken at or dokkencheer@gmail.com or 612-799-1980.

	Est. Costs	Comments
Single Team		
Varsity Comp Only	\$1,950	Nationals costs for Varsity Comp are not included (see next page)
JV Comp Only	\$1,295	
Junior High Comp	\$855	
Sideline Only	\$275	
Two Teams		
Additional Sideline team	FREE	Just need to pay for poms
Activity Fee*		ALL students that participate in sports/activities at JHS are responsible for an activity fee due to the JHS Activities Office.

Fall	\$155*	Any cheerleader participating in fall sideline or on any comp team will pay a fall activity fee. This will be due mid-August.
Winter	\$155*	Any cheerleader participating in winter sideline or on any comp team will pay a winter activity fee. This will be due early-November.

**Activity Fee TBD by JHS Athletic Department*

***If a student is currently on free/reduced lunch, this fee may be waived by the activities office*

UCA NATIONALS-Varsity Competition Team

What is Nationals?

The National High School Cheerleading Championship (NHSCC) is the most prestigious cheerleading championship in the country. The NHSCC is held at the Walt Disney World Resort in Orlando, FL, and is nationally televised on ESPN and ESPN2 to over 100 million homes nationwide and 32 countries each year. This is a chance for teams to compete the routine they have been working on all year at a National level. It will be held in February 2021 and is the last competition of the year for the Varsity competition team.

How do we qualify?

To qualify for Nationals we must receive a bid at the UCA Regional competition held in November at Minnetonka High School. The bid is given to schools that score above a required percentage or place first in their division.

What are the costs?

The costs depend on the amount we are able to fundraise for each girl. We estimate an additional \$300-\$600 per girl for airfare and event package.

The package includes:

- Five night and six day hotel accommodations at a Disney All Star Resort
- Special UCA "Cheerleader Only" night at the Magic Kingdom theme park
- Championship Celebration Party at the Hollywood Studios theme park
- Roundtrip airport transfers through Disney's Magical Express
- Four day Walt Disney World Park-Hopper pass
- Three days admission into Disney's Wide World of Sports Complex
- One counter service meal voucher
- Transportation and entrance to all NHSCC events

Fundraisers

On November 7th, 2020 we will be hosting our own competition to raise money for Nationals. The profits from this fundraiser will go directly to help offset the cost of Nationals for each girl. We will also have other fundraisers where you can individually raise money for your account that can be put directly towards Nationals. We strongly recommend your full participation in these fundraisers so you can raise money to offset the costs.

More Info about Nationals: <https://uca.varsity.com/Competitions/National-HS-Cheerleading-Championship>

COMMITMENT/EXPECTATIONS AGREEMENT

Time Commitment (Actual practice times will be given at the first Booster Meeting):

- **Sideline:**
 - Summer: Once a week for 1-2 hours
 - Fall & Winter: During the sport season, practices will be right before the games to eliminate additional days.
 - Games will be during the week or on Saturday mornings. The day will depend on which team you are cheering for.

- **Competition:**
 - Summer: Varsity will practice 3 times a week, JV & Jr High 1-2 times a week for 2-3 hours
 - Fall & Winter: Teams will practice 2-3 times a week for 2-3 hours after school.
 - Each team will compete anywhere from 6-12 times between October and February, including Nationals for Varsity. Competitions are held on weekends, mostly Saturdays, although there may be an occasional Sunday competition.
 - There will also be occasional team bonding events including team dinners during competition season.

Financial Commitment: *See attached estimated budget for the details*

I have read and understand that the required cost to participate in JHS Cheer is the individual family responsibility, and that I am required to meet the payment schedule to ensure full participation for uniform rental, camps and competitions.

Cheerleader Expectations: *See the attached outline for specific attendance, behavior and attitude expectations*

Agreement:

I, _____ (athlete) and my parent/guardian have read, understand, agree and accept the requirements necessary to be a sideline and/or competition cheerleader for the program.

Athlete Signature: _____ **Date:** _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ **Date:** _____

*****THIS FORM WILL BE SIGNED AND TURNED IN AT THE FIRST BOOSTER MEETING*****

Bloomington Jefferson Cheerleading Code of Conduct

*** You will NOT be allowed to tryout or participate until this form is completed & turned in***

I hereby pledge to be positive about my cheerleading experience at Jefferson High School and accept my responsibility for my participation by abiding to this code of conduct.

1. It is my choice to participate in this program. I will inform my coaches of any physical injury or ailment that may affect my safety or the safety of others.
2. I will demonstrate good sportsmanship by showing respect, courtesy, and positive support for all cheerleaders, players, coaches, officials and spectators and at every practice, game, competition or other event.
3. I will treat all individuals equally regardless of their race, creed, color, sex, or ability.
4. I will attend all practices, games, and competitions and will arrive on time, ready to participate. I will notify my coaches ahead of time if I will be late or if I cannot attend due to sickness or other reason.
5. I will do my best to listen and learn from my coaches, captains, and veteran cheerleaders. I will follow the rules and policies of the team, program, school, and state.
6. I will treat my coach and all other coaches in the program with respect and will honor any decision that they make regarding myself and the team.
7. I deserve to practice and compete in an environment that is free from drugs, tobacco, and alcohol. I will refrain from the use of these substances and also expect my fellow teammates to do the same.
8. I will encourage my parents to be positively involved with my experience, team and program.
9. I will do my best in school, and agree that my performance in the classroom is as important as my performance in cheerleading.
10. I will not encourage or participate in any behavior or practices that would endanger the health and well-being of my teammates or peers.
11. I will not encourage or participate in the bullying of any athlete in this program or any student in general, whether it's with words, gestures, written communication or text messages. I will also not bully anyone through social media, such as Twitter and Facebook.
12. I understand that I may be required to attend additional practice time if my skills are not at the level of my teammates (tumbling, stunting, etc.).
13. I will treat my uniform with respect and realize that any damage done to it will result in replacing the uniform at my expense.
14. I understand that if I fail to abide by the code of conduct listed above, that I will be subject to disciplinary action which could result in removal from practices, games or competitions and/or the program. Should I be removed from the program or decide to quit the team, I will not be reimbursed for any payments made thus far.

Athlete & Parents: By signing our cheerleading code of conduct, you acknowledge that you have read and are in full agreement with this policy. You acknowledge that both you and your athlete take full responsibility for their actions while participating in this program.

*****THIS FORM WILL BE SIGNED AND TURNED IN AT THE FIRST BOOSTER MEETING*****