



**HOLY SAVIOR MENARD**

**EAGLES**

**JR HIGH CHEER TRYOUTS**

# MJH VARSITY TRYOUTS

## Check List

### What to return by Friday, March 19th :

\_\_\_\_\_ Copy of insurance card

\_\_\_\_\_ Copy of most recent report card showing a GPA of 2.0 or higher and current teachers

\_\_\_\_\_ \$40 Application Fee

### Forms to fill out and/or sign and return:

\_\_\_\_\_ Tryout Application

\_\_\_\_\_ Informed Consent & Acknowledgement Agreement

\_\_\_\_\_ Spirit Groups Permission Form

\_\_\_\_\_ Teacher Recommendation Form (from all current teachers)

\_\_\_\_\_ Emergency Contact Info Sheet

### What to keep and review:

Spirit Guidelines and Expectations

Tryout Requirements

Tryout Schedule

Tryout Scoring Rubric

# Holy Savior Menard

## Spirit Group Guidelines and Expectations 2021-2022

- Must be registered at Holy Savior Menard for the 2020-2021 academic year by March 13.
- Must be in good standing as a student and leader. The term “good standing” involves ideals such as leadership, attendance, school pride, self-respect, and respect of others.
- Must have a 2.0 minimum GPA to tryout, and a 2.0 or higher GPA must be maintained throughout the school year to remain on the squad.
- Must be active all year - throughout both **football and basketball seasons. If you cannot commit your time throughout the end of 12/ 2021, there is no need for you to try out. This includes conflicts with practice for other sports. Performances at ballgames are not optional and should not be missed due to practice for another activity.**
- If taking part in another competitive cheerleading squad, the member must have the understanding that the commitment to school squad comes **first** - including practice, games, performances, etc.
- Must put cheerleading as **the first extracurricular priority**. All girls must perform until the completion of the last scheduled basketball game, **INCLUDING PLAYOFFS**. If a squad member leaves or is dismissed, she will not be able to participate in any other sport during that year, and she will not be eligible to try out the following year.
- Must attend all practices, games, pep rallies, camps, competitions, performances, and special events specified by the sponsor and administration.
- **Must receive approval or an absence by the sponsor from any of the above-named events at least a week beforehand, unless an emergency (approved by sponsor) comes up.**
- Must be on time and well-groomed for all performances and group appearances.
- Must know all cheers and dances by the date specified or will not be allowed to perform.
- Must be in the entire proper uniform for events and practices unless approved by the sponsor.
- **Must adhere to all of the sponsor’s directions and show respect to the sponsor and teammates at all times.**
- Must participate in all squad fundraisers.
- The Spirit Constitution will be given out after tryouts and will include more specific rules and regulations.

**Holy Savior Menard  
2021-2020 Jr High Tryout Information**

**Want to be on the 2021-2022  
Jr High Cheerleading Squad?**

The Holy Savior Menard Jr High Cheer Squad will consist of a max of 14 members. These cheerleaders are responsible for supporting High School athletic events and providing school spirit at Holy Savior Menard. These events consist of football, basketball, various sporting events, pep rallies and other school functions at which our attendance is requested. This team **may** compete at one or two competitions during the season. This team's members are MJH School students.

**Varsity Cheer Requirements**

The Cheer Squad will have minimum requirements in order to make the squad. Please keep in mind that just because a candidate demonstrates these requirements or more does not mean they are guaranteed a position. Also know that **there is no guarantee that you will make the squad due to past year membership in the squad**. Everyone will be judged on the same material by the same judges.

1. **Cheer Motions:** Demonstrates knowledge, technique, crisp/sharp movements, confidence in execution
2. **Jumps:** Demonstrates knowledge, clean/sharp technique, good height, excellent execution; must present a toe touch and a jump of choice (other than toe touch).
3. **Cheers/Chants:** Confidence in voice, motion and memory; must demonstrate cheer experience/ability to learn skills quickly.
4. **Dance:** Demonstrates rhythm, cheer dance technique, execute the way it was taught, great facials, sharp movements.
5. **Tumbling:** Outside tumbling class is recommended, but not required as a squad. Higher skills will be awarded higher points.
6. **Overall Cheer Presence:** Topics such as voice, facials, spirit, etc. will also be added into final score.
7. **Teacher Recommendations:** Teacher recommendation forms have been included in this packet. All varsity cheerleader candidates are to ask their current teachers to complete this form. Teachers will place these in my box, in sealed envelopes. I will then average the scores, and that averaged score will make up 25% of the candidates' total tryout scores.

**I have included a Judge's Score Sheet in this packet for a more detailed breakdown.**

## Holy Savior Menard JR High Cheerleading Tryout Schedule

**Mandatory Parent Meeting: February 22 at 6:00 in the HSM Library**

**Practice Clothes:** Any type of shorts, shirt, and shoes; clothes should not be baggy. Hair must be in a ponytail. No jewelry.

Monday, February 22	Parent Meeting	6:00pm (HSM Library)
Monday March 29	Clinic/ Practice	3:00-4:30/5pm (activity building)
Tuesday, March 30	Clinic/ Practice	3:00-4:30/5pm (activity building)
Wednesday, March 31	<b>Tryouts \$40</b>	3:00-untilpm (activity building)
Thursday, April 1	Uniform Fittings	3:00- until (mall) <b>Down payment \$ 400</b>
May1 Payment \$400		
Jun 1 Payment TBA		
July 29-Aug 1	Cheer Camp GWL	

### **Dress for Tryout Day:**

White tank top, racer back, or semi-fitted t-shirt (no visible bra straps and NOT oversized!!)

Black or dark green shorts (no words or other decorations, no stomachs showing)

White cheer or tennis shoes

Hair in ponytail, COMPLETELY out of face (no fly-aways)

Absolutely no jewelry or fingernail polish

Tryout judges will have no association with Holy Savior Menard. Faculty members will tally the scores.

**The sponsor will see only the completed tallied scores after the process is completed.**

Parents and friends **are to remain in the parking lot before, during, and after tryouts.** No one is to enter the activity building or locker room for any reason. Failure to follow this regulation in any capacity will call for disqualification of the applicant.

**Holy Savior Menard  
Score Sheet**

Judge Number : \_\_\_\_\_

Participant Number: \_\_\_\_\_

<b>Skill</b>	<b>Evaluations</b>	<b>Possible Points</b>	<b>Score</b>	<b>Comments</b>
<b>Entrance</b>	Enthusiasm & Confidence	<b>5</b>		
<b>Tumbling</b>	Running Tumbling	<b>5</b>		
	Standing Tumbling	<b>5</b>		
<b>Jumps</b>	Toe Touch	<b>5</b>		
	Jump of Choice	<b>5</b>		
<b>Chant</b>	Voice: Volume & Inflection	<b>5</b>		
	Presentation: Knowledge & Enthusiasm	<b>5</b>		
	Motions: Technique & Sharpness	<b>5</b>		
<b>Cheer</b>	Voice: Volume & Inflection	<b>5</b>		
	Presentation: Knowledge & Enthusiasm	<b>10</b>		
	Motions: Technique & Sharpness	<b>10</b>		
<b>Dance</b>	Presentation: Poise & Attitude	<b>15</b>		
	Motions: Technique & Sharpness	<b>15</b>		
<b>Exit</b>	Enthusiasm & Confidence	<b>5</b>		

**TOTAL SCORE: \_\_\_\_\_ / 100**

## **Jr High Cheer *Sample Invoice*\*\*\***

First installment of \$400 due April 1st

Second installment of \$400 due May 1<sup>st</sup>

Remainder of balance due Jun 1<sup>st</sup> (camp and uniform)

Camp	\$324.33
PGA	\$250.00
Green Skirt	\$68.95
Green Top	\$145.95
Green Sleeves	\$73.95
Black Skirt	\$69.95
Black Top	\$137.90
Black Sleeves	\$74.95
Bloomers (Motion flex short) X2	\$45.90
Windbreaker	\$104.45
Powerfit Black Shorts	\$37.95
Shoes	\$53.00
Pink Socks	\$7.95
Long Sleeve Squad Tshirt	\$15.00
Poms- white and gold	\$55.24
Black Skort	\$24.95
Gray Athletic Shirt	\$22.95
Green Skort	\$24.95
Rain Poncho	\$12.95
Sweatshirt	\$70.20
Gray Eagles Tank	\$42.95
Black Polo Tank	\$23.95
Retreat- facility, food, and tshirt	\$25.00
Christmas outfit	\$20.00
Waterbottle	\$15.00
Cheer bag with name	\$53.95
Monogramming	\$25.00
Ribbons	\$10.00
Varsity Shipping	\$89.30
Varsity Tax	\$134.51
<b>Total</b>	<b>\$2306.48</b>

\*\*\*Cost and items purchased subject to change based on vender.

**Holy Savior Menard  
Jr High Cheer  
Tryout Application**

**Please return to school by March 19, 2021**

**Personal Information**

Name:		
Address:		
Phone (home)	(cell)	
Email:		
School Currently Attending:	Principal's Name:	
Principal's Email and Phone Number:		
Overall GPA:	Grade Level:	Date of Birth:
Parent/Legal Guardian:		
Parents Email:		
Parents Phone (home)	(cell)	

**Other Information**

1. Are you currently a member of any club, organization or team requiring extra practice time? If so, please list.
2. List any honors you have received in school:
3. Are there any dates you will be out of town or otherwise unavailable over summer break?
4. Please list any other obligations that may interfere with attending summer camp:



**INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT**

**Holy Savior Menard Jr High Cheerleading**

March 2021 – March 2022

**WARNING!**

**Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on her head, neck, or back!**

I/We, \_\_\_\_\_, parents and/or legal guardians of \_\_\_\_\_, who is a student at \_\_\_\_\_ wishes to participate in their cheerleading program. Voluntarily give our consent for such participation by our daughter.

It has been adequately explained to us that cheerleading is an activity which may involve airborne inversion of the body and therefore there is an increased potential that nay one of the routines involving our daughter’s participation could lead to serious injury, paralysis or even death.

We understand that our daughter is required to be in good physical shape and condition and that the activities in which she will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers, including somersaults, back handsprings and aerials; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the squad; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year.

We represent to you that, to the best of our knowledge and belief, our daughter has no physical, medical, or mental disability or other limitation that would restrict her ability to fully participate in this activity. We have been informed that our daughter must be examined by a physician prior to participation in these activities and we agree to such examination. We further agree to notify immediately the appropriate school personnel in the event of any change in our daughter’s health status.

We also understand that our daughter will be required to travel to locations off campus for the purpose of participating in cheerleading activities and that transportation will be provided to her by the appropriate school personnel. We consent to such school sponsored transportation.

We agree to, and by signing this agreement, release the advisors, volunteers, and staff of Holy Savior Menard Central High School and the Diocese of Alexandria from any claim of negligence by ourselves, our daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our daughter and any claims for loss of or damage to her property which may arise out of her participation in this school sponsored program for the 2020-2021 academic year.

In witness whereof, I/we have affixed our signatures to this agreement this \_\_\_\_\_ day of \_\_\_\_\_, 2021 at \_\_\_\_\_.

\_\_\_\_\_  
(parent’s and/or legal guardian’s signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(parent’s and/or legal guardian’s signature)

\_\_\_\_\_  
(date)

**Holy Savior Menard**  
**Spirit Groups Permission Form 2021-2022**

- We, the parents or legal guardian of \_\_\_\_\_, give our permission for our daughter to try out for varsity cheerleader. We have read the guidelines and accept the rules and regulations.
- We understand that all the information necessary for tryouts is either in this packet or will be conveyed to the applicants before the actual week of tryouts.
- We understand that our daughter must abide by the Spirit Groups Guidelines, Constitution, and all other guides that will be set for the new academic year; and if she does not, she is subject to probation or suspension from the squad.
- We will encourage our daughter to be a leader that Holy Savior Menard will be proud to have as a representative of the school.
- We understand that certain financial obligations must be fulfilled if our daughter is selected for the squad.
- **We understand that spectators and/or video equipment are not allowed at try-out practices or at the actual tryouts. We understand that only the applicants are allowed in the gym or dressing room before and during tryouts.**

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**Any deviation from this policy will call for the complete disqualification of the associated applicant.**

Signature of parent or guardian \_\_\_\_\_

Date \_\_\_\_\_

I have read the Spirit Group Guidelines for HSM Jr High Cheer and accept the rules and regulations. I have also met the following qualifications to try out:

- I am registered at Menard for the 2021-2022 school year. Next year, I will be in . . . (circle one)

7<sup>th</sup> Grade

8<sup>th</sup> Grade

- I have at least a 2.0 GPA and understand that I must maintain a 2.0 GPA throughout the year.

Signature of Student \_\_\_\_\_

Date \_\_\_\_\_

**Holy Savior Menard  
Jr High Cheer  
Emergency Contact Information Sheet**  
**Please return to school by March 19, 2021**

Full Name:	Home Phone:
Street Address:	
City:	State:                      Zip:
Mother:	Day Phone:
Father:	Day Phone:
Other Emergency Contact and Number:	
2 <sup>nd</sup> Emergency Contact Name and Number:	
Allergies:	
Previous Injuries:	
Family Doctor:	Day Phone:
(for use by coach only)	
Copy of Insurance Policy on File: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Copy of Permission Slip on File: <input type="checkbox"/> Yes <input type="checkbox"/> No	

## HSM Jr High Cheer Candidate Recommendation Form

Teachers, please fill out the following to the best of your knowledge. Please understand that these scores will not be shared with the candidates. I rely on your honesty in ratings in order to select cheerleaders that will best represent the ideals of Holy Savior Menard.

Recommendations will count for 25% of each candidate's final tryout score.

**Please put in my box no later than March 19th.**

Thank you so much,  
Heather Benton

Candidate Name: \_\_\_\_\_

Please rate the candidate on a scale of 0-10; 0 being "never" and 10 being "always".

- Candidate is on time \_\_\_\_\_
- Candidate's disposition is pleasant \_\_\_\_\_
- Candidate is respectful to adults \_\_\_\_\_
- Candidate is respectful to peers \_\_\_\_\_
- Candidate completes tasks on time and to the best of their ability \_\_\_\_\_
- Candidate is consistently present for class, practice, and other events related to school and/or team \_\_\_\_\_
- Candidate goes above and beyond to do well \_\_\_\_\_
- Candidate is prepared for class, practice and other events related to school and/or team \_\_\_\_\_
- Candidate is a team player and works well with others \_\_\_\_\_
- Candidate's overall attitude is positive and enthusiastic \_\_\_\_\_

**Total \_\_\_\_\_ / 100**

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**Please put in my box no later than March 13th.**

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Please rate the candidate on a scale of 0-10; 0 being "never" and 10 being "always".

- Candidate is on time \_\_\_\_\_
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