



HOLY SAVIOR MENARD

EAGLES

**VARSITY & JR HIGH
CHEER TRYOUTS**

HSM VARSITY & JR HIGH TRYOUTS

Check List

What to return by Friday, March 9th :

- _____ 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 2022-2023

- Must be registered at Holy Savior Menard for the 2022-2023 academic year by March 15.
- 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 February 2023, 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 dismissed, she will not be able 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 for 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
2022-2023 Varsity & Jr High Tryout Information

Want to be on the 2022-2023
Cheerleading Squad?

The 2022-2023 Holy Savior Menard Cheer Squads 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. The teams **may** compete at one or two competitions during the season.

Varsity & Jr High Cheer Requirements

The 2022-2023 Varsity 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 Varsity Cheerleading Tryout Schedule

Events during tryout week will take place in the Menard activity building.

Mandatory Parent Meeting: February 23 at 5:30 for Jr High and 6:00 for Varsity in the HSM Library

Tryout Practice: every day in the activity building

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

Thursday, February 23	Parent Meeting	5:30-6:30 (HSM Library)
Wednesday, March 16	Practice	3:30-6:00 (activity building)
Thursday, March 17	Practice	3:30-6:00 (activity building)

Tryout Day: in the activity building

Friday, March 18	Tryouts	3:30-until (activity building)
	Leadership Tryouts	2:00-3:00 (activity building)

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 or skort (no words or other decorations, no stomachs showing)

White cheer or tennis shoes

Hair in ponytail with ribbon or bow, 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: _____

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

TOTAL SCORE: _____ / 100

TUMBLING SKILLS POINT VALUE (FOR JUDGE'S REFERENCE)

- **STANDING**

- **Handspring – 1**
- **Series Handspring – 3**
- **Standing Tuck – 5**
- **Handspring Tuck – 7**
- **Series Handspring Tuck – 9**
- **Handspring Layout/Full – 10**

- **Running**

- **Roundoff – 1**
- **Handspring – 2**
- **Series Handspring – 3**
- **Specialty with Handsprings – 4**
- **Roundoff Tuck/Handspring Tuck – 5**
- **Specialty to Tuck – 6**
- **Layout – 7**
- **Specialty to Layout – 8**
- **Full – 9**
- **Specialty to Full - 10**

2022-2023 Varsity Cheer Sample Invoice***

Down payment of \$750 due March 21th

Remainder of balance due April 29th

Camp	\$499.00
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, gold, & green	\$55.24
Black Skort	\$24.95
Gray Athletic Shirt	\$22.95
Green Skort	\$24.95
Rain Poncho (2 suggested)	\$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
Warm-up Suit	TBA
Coach's Fee	\$100.00
Varsity Shipping	\$89.30
Varsity Tax	\$134.51
Total	~\$2200.00

***Cost and items purchased subject to change based on vender. Jr. High total will be less than the above estimate.

**Holy Savior Menard
2022-2023 Varsity Cheer
Tryout Application**

Please return to school by March 9, 2022

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 Varsity Cheerleading

March 2022 – March 2023

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 2022-2023 academic year.

In witness whereof, I/we have affixed our signatures to this agreement this _____ day of _____, 2022 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 2022-2023

- 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.**

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 Cheer and accept the rules and regulations. I have also met the following qualifications to try out:

- I am registered at Menard for the 2022-2023 school year. Next year, I will be in . . . (circle one)

9th Grade 10th Grade 11th Grade 12th 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
2022-2023 Varsity Cheer
Emergency Contact Information Sheet
Please return to school by March 9, 2022

Full Name:	Home Phone:
Street Address:	
City:	State: Zip:
Mother:	Day Phone:
Father:	Day Phone:
Other Emergency Contact and Number:	
2 nd 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 Varsity 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. NO CHILD IS EXPECTED TO HAVE A PERFECT SCORE, PLEASE CONSIDER THIS WHEN SCORING THE GIRLS.

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

Please bring to guidance no later than March 8th.

Thank you so much,
Lynn Brewer

Candidate Name: _____

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

- Candidate is on time to class _____
- 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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