



FOLEY HIGH SCHOOL CHEERLEADING TRYOUT PACKET 2024-2025 CHEERLEADING SEASON

ALL FORMS ARE AVAILABLE ON OUR WEBSITE:
FOLEYLIONSATHLETICS.COM/FOLEY-CHEER.HTML

PERSONS OF CONTACT

Ashton Pearson: Coach AAguilarPearson@bcbe.org	Abby Parker: Coach abbyatthebeach@bellsouth.net
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We appreciate your interest in trying out for cheerleading! In this packet, you will find information and forms that must be read, understood, and signed before participation in clinics and tryouts is permitted.

❖ MANDATORY PARENT MEETING

- ❓ Monday, February 26th at 6:00 p.m. in the Foley High School library.

Paperwork and \$25 clinic fee receipt from My School Bucks is due to Coach Josh Parker in room 408 by 3:00 PM on Friday March. 1st in order to be eligible for clinic and tryouts. If these items are not turned in by this date and time, the cheerleader will not be eligible for the tryout process.

❖ CHEERLEADING CLINIC AND TRYOUTS

❓ SCHEDULE

- Practices and tryouts will be held Monday, March 4th - Thursday, March 7th in the Foley High School gymnasium.
- * (The schedule below outlines the material and skills that will be taught during clinic practices.)

Mon, 3/04 4:00-5:30 P.M.	TUES, 3/05 4:00-5:30 P.M.	WEDS, 3/06 4:00-5:30 P.M.	THURS, 3/07 4:00-UNTIL
Jumps Dance Cheer Tumble Stunt	Jumps Dance Cheer Tumble Stunt	Review material Mock tryouts	Closed tryouts

❓ ATTIRE

- CLINIC PRACTICES:
 - General practice clothing (t-shirt, shorts/athletic leggings, tennis shoes, no jewelry, no artificial nails)
- TRYOUTS:
 - solid white athletic shirt or t-shirt
 - navy shorts
 - white low-cut socks
 - white tennis shoes
 - secured middle ponytail tied with white or navy ribbon
 - no jewelry, artificial nails, previous cheer clothing, or clothing with insignia

❓ ADDITIONAL INFORMATION

- The tryout practices will be conducted by the cheer coaches.
- Clinic and tryouts are *closed* to nonparticipants. Parents/guardians, siblings, friends, or acquaintances will not be allowed in the gym during clinic or tryouts.
- Absolutely no phones or cameras will be in use during clinics or tryouts. Violation of this rule will result in immediate dismissal and disqualification.
- All material and skills will be taught at clinic practices.
- A Leo suit will be available for mascot candidates.

- All candidates will wear an assigned number at tryouts. The number will be the only identification known to the selection committee. Any violation of this rule will result in a candidate's immediate dismissal and disqualification.

❖ SELECTION

- The selection committee will consist of qualified judges.
- The cheerleading coach, and or principal, and or athletic director will make the final authority for the selection of cheerleaders.
- Candidates will be chosen based on ability, dedication, attitude, and must demonstrate that they will be exhibiting a positive image for Foley High School.
- Teacher evaluations will be factored into final scores.

? **CHEERLEADERS**

- **30% of score is teacher evaluations, 70% of score is technique/ ability**
- 1. CHEER
 - Sharpness of motions, arm levels, incorporation, voice, spirit, enthusiasm, confidence
- 2. JUMPS
 - 1 toe touch, and 1 jump of choice
 - Technique, height, difficulty, arm levels
- 3. DANCE
 - Presentation/enthusiasm, sharpness of motions, spirit, rhythmic ability
- 4. STUNTING
 - Prep to press up
 - Extension
- 5. TUMBLING
 - Round off, standing back handspring, round off back handspring, round off back handspring series (3+), standing back tuck, round off back handspring layout or twist, round off back tuck
- 6. COACH/TEACHER EVALUATION
 - Attitude, work ethic, reliability, cooperation, self-discipline, spirit, school behavior record, leadership, responsibility, attendance

? **MASCOT**

- THEMED SKIT (2-minute limit; skit tells a story with a beginning, middle, and end; music, props, costumes, signs, actions)
 - Pantomime ability
 - Energy
 - Representation of a range of emotions: happy, sad, cool, etc.
 - Props: 3 or more (Props cannot be damaging to the gym floor.)
 - Costume: 1 costume required to place on the Leo suit
 - Creativity: family-friendly, **"wow factor"**

? **Competition Team**

- The 2024-2025 competition team will be chosen by outside judges, simultaneously as team tryouts.
- Individuals will be chosen based on
 - Sharpness
 - Ability
 - Enthusiasm
 - Stage Presence
 - Rhythmic Ability

❖ ELIGIBILITY

- ? To be eligible for cheerleading, candidates *must* return the following paperwork by 3:30 p.m. of Friday, March 1st, and meet the additional requirements listed below:
 - \$25 Tryout Fee (to defray the cost of judges) from My School Bucks
 - Statement of Permission and Agreement Contract
 - Foley High School Cheerleading Interview Questions
 - Current Physical

- **ALL Dragonfly Documents**
 - Concussion Form
 - AHSAA Consent and Release form
 - Birth Certificate
 - Stars/NFHS Sportsmanship Certificate
 - Emergency Information
 - Medical Consent Waiver
 - Teacher Recommendations (when finalized)
- Candidates must meet AHSAA eligibility guidelines.
- Candidates are required to attend a pre-tryout clinic (Monday, March 4th; Tuesday March 5th, and Wednesday, March 6th). The coach may make exceptions, but this is the coach's decision.
- All candidates must be in 9th-12th grade during the following school year.
- Each candidate and parent/guardian *must* attend the mandatory orientation meeting to be held on Monday, February 27th, at 6:00 p.m. in the high school library.
- No special accommodations may be made for a student to participate in the tryout program (BCBE, page 49).
- The candidate must have a 2.0 GPA or above.
- If a candidate has quit or been dismissed from the FHS cheerleading squad for any reason, other than major medical, he/she may not be eligible to try out the following year. This decision will be made at the discretion of the coaches, athletic director, and administration.
- The candidate must be a rising sophomore, junior, or senior currently enrolled at Foley High School to try out for placement for the varsity team.
- The candidate must be a rising freshman or sophomore currently enrolled at Foley High School or Foley Middle School, respectively to try out for placement for the junior varsity team.
- A candidate must agree to observe all applicable rules of good citizenship and conduct during her tenure as a cheerleader.
- Candidates, before and during the selection and the final selected cheering squad, will adhere to the rules and regulations of the school and the guidelines as set down by the appropriate state agencies.

❖ POST-TRYOUTS MEMBER INFORMATION

? ATTENDANCE

- Practices are mandatory. Work schedules, vacations, extracurricular activities, etc. should be scheduled so that the cheerleaders are at practice each day. These practices are important, and attendance is mandatory. Practice schedules will be given after tryouts. Camp will take place from 6/02-6/05 in Gulf Shores. Camp is *mandatory* for all squad members.
- **Mandatory Varsity Spirit Wear fitting will be March 21st**

? COSTS

- We realize that cheerleading is an expensive sport; however, we will try to cut the cost down as much as possible through offering self-fundraising opportunities and preserving what we have (uniforms, etc.). There are, however, certain items that cannot be passed down from team to team and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. We will be ordering them through Varsity, and the cheerleader will be responsible for paying for them by stated deadlines. While we can't give you an exact amount, between \$1,300-\$1,450 is an estimate of what you can expect depending on returning status. This number is an approximation. Be prepared to have this amount of money in the event that you make the team.

The largest payment on the plan must be paid by April 19th by 3:30 PM in order to receive items and attend camp. The other half of the payment is due by May 31st. If payments are not made then the cheerleader cannot attend practice. If the cheerleader misses three practices, aside from medical reasons, they will be excused from the team.

*Individuals will be responsible for paying for their own new uniform this season through Varsity Spirit Wear.

Again, all paperwork and nonrefundable \$25 must be in by 3:00 p.m. Monday, March 1st.

We look forward to seeing you at tryouts! Go Lions!

STATEMENT OF PERMISSION AND AGREEMENT CONTRACT

If you make the cheerleading team, realize that you are making a commitment to Foley High School, your coaches, your teammates, and yourself for the **complete season (full year)**. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of FHS, you must **maintain proper behavior** at all times. You must follow the cheerleading guidelines set forth in the Foley High School Cheerleading contract, which corresponds with the BCBE athletic handbook. Students who break the rules will be disciplined. By making this commitment to the Foley High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember after you graduate.

Because many students and parents are unaware of the hard work, commitment, financial obligation, and dedication it takes to be a good cheerleader or mascot, the coaches of Foley High School cheerleading teams have created the following contract. Each person wishing to try out for cheerleader/mascot and their parents should read the contract and decide if he/she is willing to fulfill the contract before trying out. Signing the contract does not ensure anyone a position on the squad; however, it does ensure the coach that everyone trying out is aware of the commitment necessary to have a successful squad.

I _____ agree to commit myself and fulfill to the best of my ability all of the responsibilities that come with the position of cheerleader. I understand that these responsibilities will include the following: summer camp, summer practices, evening practices, weekend practices, fundraising activities, activities to promote school spirit, cheering at football games, and basketball games, cheering at tournaments, participating in competition clinics, competing, and any additional activities designated by the coach. I understand that some activities may require additional out-of-pocket money.

I agree that all financial obligations will be met. If all financial obligations are not met, I understand that at the coaches', athletic director's, and administration's discretion that I may not be permitted to receive gear or try out for cheerleading the following year.

I understand that cheerleaders will be evaluated by qualified judges, and I agree to abide by the decision of the judges. I understand the activity of cheerleading and gymnastics carries a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Foley High School or any of its personnel responsible in the case of accident or injury at any time.

By agreeing to this contract, I understand that I am promising to take on each of these responsibilities with a positive attitude and the hard work that is expected from a cheerleader representing Foley High School.

Student Agreement

I, _____, have read and understand the 2024-2025 STATEMENT OF PERMISSION AND AGREEMENT CONTRACT AND THE 2024-2025 TRYOUT INFORMATION. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules and policies could result in dismissal from the squad.

Student Signature

Date

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2024-2025 STATEMENT OF PERMISSION AND AGREEMENT CONTRACT and the 2024-2025 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by my child or me to adhere to these policies could result in dismissal from the squad.

Parent/Guardian Signature

Date

Name: _____

Upcoming Grade Level: _____

Foley High School Cheerleading Interview Questions

Answer the following questions to the best of your ability. A separate piece of paper may be used if necessary.

1. How would you promote positive relationships on the squad?
2. What do you think are the most important things that make a team successful?
3. What would you do if a team member of your squad had a bad attitude?
4. Why are you trying out for cheerleading?
5. What is a current or new fundraising idea that you would like to participate in?
6. What is a new idea you would like to see implemented in this year's cheerleading program?
7. What are you most proud of as a cheerleader? Why?
8. What is your best attribute that you feel would help contribute to the cheer team? What is a weakness you would like to work on this year?
9. What would be your biggest goal that you want to accomplish this year and want the squad to accomplish?
10. I consider myself.... (Check all that apply)
☐ Base ☐ Tumbler ☐ Back Spot ☐ Flier
11. I am interested in being on the competition team.
☐ Yes ☐ No