

HighMark Cheerleading Parent Meeting

AGENDA

Date: 3/17/2020

- Sign In
- Introduction: What it means to be a Cheerleader at HighMark!
- Cheerleading Cost/Time Commitment
- Try Out Packet
 - Name + Picture (Picture will not be returned)
 - **Official** Report Card (3.0 no F's or U's)
 - What Makes a Team Successful?
 - Two Letters of Recommendation
 - Statement of Consent
- What do Try Outs Entail? + \$15 Fee
 - Dance/Cheers/Tumbling
 - How to Dress for Clinics
 - Practice clothes
 - Hair **Must** be Pulled Up.
 - Parents
 - Not allowed at any clinics.
 - Videos of Material Will be Posted
- Score Sheets
- Tryout Specific Questions
- Adjournment

Good Afternoon!

With the world a little on hold right now, I wanted to give a little update regarding Cheerleading tryouts for the 2020-2021 school year.

Parent Meeting is coming in the form of this email. If you are still interested in trying out please send me an email at mmcclune@hmcharterschool.org so I can create an email group consisting of those interested in updates.

Cheerleading has a parent meeting a month before tryouts is for two main reasons, time and cost. I want to dive into those two things a little before we talk about tryouts themselves. The following information will be given as if we are still holding typical tryouts on April 17th. This information is not guaranteed, given the quick moving world climate.

What Does it Mean to be a HighMark Cheerleader?

HighMark Cheerleaders are leaders at our school. These are the girls that have good grades, are excellent students, are kind and supportive to their classmates. HighMark Cheerleaders are dedicated and hardworking. I have very high standards for my team. They are in the public eye and can be heavily scrutinized, girls interested in trying out need to be mindful that making the team comes with a lot of responsibility.

Time

Being a cheerleader for any school, including HighMark, will take a substantial amount of time out of one's schedule. Typically we will have before school practice 2-3 times a week. With after school practices 2-3 times a week as well. We also are required to be at every home game. When Competition season begins, more practices will be held. Expect to have at least 6-10 hours of obligation outside of school time a week.

Cheerleading will also come with summer practices, at least 3 times a week June and August. There will also be parades held during this time. We also typically go to a summer cheerleading camp that has been scheduled for June 16-18th. While not mandatory, it is one of the most beloved HighMark Cheer traditions, and the team learns a lot during this time.

Cost

To be frank, cheerleading is expensive. Attached will be a price break down. Things are subject to change, but expect around \$1300 total. Typically we need to have this amount paid in full by June 1st. Team members that don't pay in full (or have made arrangements with Mrs. Johnston), will be dropped from the team on June 2nd if not paid.

Tryout Packet

Girls interested in trying out for cheerleading will submit a "Tryout Packet" on the first day that we hold clinics. This will include:

1. A title page with Name, Grade and Picture
2. An official report card. Girls MUST have a gpa of at least 3.0 for 3rd quarter to be eligible, no F's or U's. No exceptions.
3. A one page essay on what makes a Team Successful
4. Two letters of recommendation (a coach, teacher, community member)
5. And a Statement of consent (attached below)

Tryouts

Assuming all goes as scheduled, girls interested in trying out will come to clinics on April 15th and 16th. They will bring their completed packet and submit \$15 to the office in order to enter clinics. These clinics will be closed to parents. Girls will learn a short cheer, a long cheer, a dance routine, perform a tumbling pass, jump series, and standing tumbling. Girls try out in groups of three.

During clinics girls can wear practice clothes (t-shirt, tank, shorts, sneakers, any work out type clothes) with their hair pulled back into a ponytail. On tryout day girls will wear all black. Clothing shouldn't have any logos or patterns, just solid black. Please email me if you are unsure of your clothing choices.

Tryout Material

Because parents are not to be at tryouts, a video to help candidates practice will be posted on YouTube the afternoon after the first clinic. A link will be provided at the time

Score Sheets

Attached is an example of scoresheets. Please let me know if you have any questions

How will I know if I made the team?

Tryouts will start on Friday April 17th at 2pm and will go until completed. This could potentially be a 2-3 hour process. Parents will not be allowed in the building at this time. They will drop off their daughter and 9th grade cheerleaders will be in charge of overseeing the girls until dismissal. After the dismissal the panel of judges and coach will convene to go over score sheets. Then a physical list of names and numbers who made the team will be posted on HighMark's front door when a decision is made.

FAQs

What if I don't tumble?

Tumbling is an important part of being a cheerleader. Many junior highs in the surrounding area require back handsprings or standing tucks. Although we are a smaller school we do have an expectation that if a girl makes the team without tumbling, they will need to enroll in a tumbling class to gain those skills. As a coach I want a team that strives to be the best they can be. The ability to tumble will add more points to an overall score, but it is not the only deciding factor.

Will Cheer be a class or will it be morning practices?

At this time I do not have solid information. The schedule is still being worked on. I will release that information when I have it.

What if I can't be at summer practices?

Summer is an important time for the team to bond and work on skills that will be needed for competition season and for the school year. We try to get this information out early to help families plan. The month of July is completely off, and we suggest taking vacations during this time

Can I play other sports?

Yes. However, when competition season starts September-February, HighMark cheerleading HAS to be your first priority. Meaning if we have a practiced scheduled you are expected to be there. Cheerleading is a sport that does not function at its best when members are missing. We have had many past teammates who have been able to find this balance, and have been able to make it work.

How many will make the team?

There is no set number for the team. I go with a natural break of scores, meaning most everyone that makes the team has a similar score. This could be as few as 10 or as big as 20! It all depends! Below is a sample score sheet (subject to change).

Conclusion

I am still waiting for the logistics of what tryouts will look like this year. Things have been changing by the hour and I am so sorry that we have to be in limbo during this time. Again please shoot me an email so I can compile a list of those who would like future updates. I am looking forward to tryouts this year. If you have any questions please email me mmcclune@hmcharterschool.org

CHEER COST BREAKDOWN

Uniform: \$244.50 (Shell, skirt, liner, spanx)

Nfinity Sparkle Bags: \$97.50 (New girls only)

High Waisted legging: \$34

Poms (set): \$41

Nfinity Vengeance shoes: \$99.50

Warm Up Jacket \$84

Totaling around: \$600.50 for “uniform”

A burnout tank top would run \$20.00 with a print.

Baseball jersey \$50.00

Ringer t-shirt \$25.00 with print.

Long sleeve T Shirt \$20

Totaling around: \$115 for “Camp Gear”

\$150 Comp Fee (covers music, choreography, and comp registrations)

Pay to Play \$75

Year Fees: \$225

TOTAL REQUIRED:940.50

OPTIONAL BUT RECOMMENDED

Camp \$300

Stunt Training \$40 (?)

Total OPTIONAL BUT HIGHLY RECOMMENDED: \$340

HighMark Cheerleading Try-outs 2020-2021

Statement of Consent

To participate in clinics and tryouts this please fill in the form below and hand it in with your packet and receipt of \$15 to Mrs. McClune before the beginning of the clinics.
Without a permission slip you cannot attend.

Permission Slip

Name of Young Person: _____

Emergency Contact name: _____ Contact Tel: _____

Any Concerns? _____

I give permission for my son/daughter to attend

Parent Signature: _____ Parent Name: _____

Scoresheets

Group # _____ Candidate _____

0 – No Performance 1 – Poor 2 – Fair 3 – Good 4 – Excellent

(16 pts.)	I.	ENTRANCE a) Spirit b) Voice c) Facial Expressions d) Overall Entrance	0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4		Total _____
(12 pts.)	II.	JUMPS a) Herkey b) Toe-Touch c) Optional Jump	0 1 2 3 4 0 1 2 3 4 0 1 2 3 4		Total _____
(48pts.)	III.	TUMBLING a) Cartwheel b) Roundoff c) Back Walkover d) Backhandspring e) Roundoff Backhandspring f) Optional Tumbling Pass	0 1 2 3 4 0 1 2 3 4 1 2 3 4 5 6 8 10 8 10 12 8 10 12		Total _____
(48 pts.)	III.	CHANTS 1 & 2 a) Motions b) Sharpness c) Voice Projection d) Facial Expressions e) Synchronization f) Knowledge of chant	<u>1</u> 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4	<u>2</u> 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4	Total _____
(24 pts.)	IV.	CHEER a) Motions b) Sharpness c) Voice Projection d) Facial Expressions e) Synchronization f) Knowledge of chant	0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4		Total _____
(24 pts.)	V.	DANCE a) Synchronization b) Sharpness c) Facial Expressions d) Knowledge of Dance e) Overall Effect f) Dance Technique	0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4		Total _____

Judge's Initials _____

GRAND TOTAL _____