

Cheer Tryout Packet

Thank you for your interest in becoming a STORM cheerleader for the 2022-2023 school year. Please read through this packet closely and get started on it right away. Tryouts begin May 17th!

Important Dates:

Parent & Candidate Pre-Tryout Meeting

- May 3rd @ 5:00-6:00pm, Zoom Link will be posted on website
- One parent/guardian and candidate must be present at this meeting. This meeting will provide basic SQHS Cheer expectations, tryout information, and give parents a chance to meet the coaching staff and ask any further questions.
- A email will be sent out following the meeting to all in attendance to overview what was discussed

Tryout Packets Due:

- Fully completed packets must be turned in by May 16th at 3:00pm to Mrs. Behee in the front office.
- 8th Graders: If you truly cannot make it to SQHS, please turn in your packet one day early (Monday, May 16th) via email to Pamela.Behee@bellinghamschools.org
- No exceptions will be made for late or incomplete packets.

Tryout Clinic Days:

- Tuesday, May 17th and Wednesday May 18th, 4:30-6:00pm
- **SQHS Gym (park/drop-off lower lot)**
- Attendance is required for both days. Candidates will be learning new material each day. Material must be mastered for final judging on Friday.
- Please wear athletic clothing/shoes. Bring a water bottle and a small snack.

Tryout Evaluations:

- Thursday, May 19th, 4:30-6:15pm
- **SQHS Mat Room or Gym (enter side doors, park in upper lot)**
- Mat room will be open for warm-ups and practice from 4-4:30pm (*optional*)
- Attendance is required for the entirety of evaluations, 4:30-6:15pm
- Candidates will perform in front of a panel of judges in small groups.
- Please wear black top/bottoms, and athletic shoes. No cheer specific clothing or footwear. Hair/make-up should be performance ready.

****Both clinic and evaluation days are closed to the public, family, friends, etc.**

All of the events are mandatory! Failure to attend any of the above tryout events, in their entirety, will make you ineligible for consideration of the 2022-2023 cheer teams. **

***Any conflicts with the above dates and times must be communicated ASAP to the coaching staff via email. All communication should be executed by the student candidate, not a parent. In some rare cases, alternative dates/times can be arranged, but will be determined by coaching staff and athletic director on a case-by-case basis.*

Tips for Tryouts:

- Judging begins on day one. Coaching staff will be taking notes and looking for positive attitudes, coachability, perseverance, etc. Be personable, be easy going, and have fun!
- PRACTICE!!! Material will be posted on BAND. Use Tuesday & Wednesday to practice, stretch, and ask questions. Get together with other candidates to practice together! • Remember, there is no guarantee for returning athletes.
 - For those new to cheer, we are looking for coachability, effort, and potential. We are not expecting perfection.
 - For those returning to cheer, we are looking for improvement, drive, and leadership. We *are* expecting near-perfection.

Please keep this page of information for your reference. The checklist on the following page, and the forms to follow, must be turned into the front office by June 18th at 3:00pm.

Visit our website at sites.google.com/view/sqsp or email Coach Anna at SQHScheer@gmail.com if you have any questions or concerns.

Candidate Name: _____ Current Grade: _____

The following checklist and packet must be completed and turned into Mrs. Behee in the SQHS main office no later than **Monday, May 16th, 2021 at 3:00pm**. Some items are attached to this checklist, while others will be completed online. By checking off each item, you are confirming that each item and action has been completed. Incomplete packets will NOT be accepted and therefore, you will NOT be eligible for tryouts.

Please start by visiting our website at <https://sites.google.com/view/sqsp>. Here you will find DETAILED information on how to complete the checklist successfully.

Please consider me for the following squad(s):

Football Cheer Basketball Cheer Both

Final Forms Athletic Registration *(online 8th graders connect with Mrs. Behee)*

Tryout Application *(will be Posted online)*

Cleared with Mrs. Behee

_____ Initials, Mrs. Behee

Permission to Participate *(attached)*

Cheer Handbook Sign Off *(attached)*

Join our 'SQHS TRYOUTS 22/23' group on BAND - The app for groups and communities!
<https://band.us/n/acab7dH7Efz7i>

Sports Physical *(on file with Athletics Secretary)*

Do not write below this line. For staff only.

Notes:

Permission to Participate

My child, _____ has my permission to be a Squalicum Spirit Program member. I understand that he/she must abide by the rules and regulations set forth by the coaching staff and the Bellingham School District, and be present for all practices, games, performances, and fundraisers if selected for the program.

I understand that all forms, athletic registration, and sports physical must be completed and cleared by **Monday, May 16th at 3:00 pm** or my child will not be allowed to tryout.

I understand that my child must attend tryouts (unless permitted by the coaching staff), or my child will not be considered for a Spirit Program position. I understand that my daughter/son will be evaluated by qualified judges, and agree to abide by the decision of the judges.

I understand by the very nature of the activities, dancing and cheerleading carry risks 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. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Squalicum High School or any of its personnel responsible in the case of accident or injury at any time.

Parent/Guardian (Printed): _____

Parent/Guardian (Signed): _____

Date: _____

I am interested in being a Spirit Program member at Squalicum High School. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the coaching staff and the Bellingham School District. I promise to cooperate and follow the instructions of the Spirit Program coaching staff.

Athlete (Printed): _____

Athlete (Signed): _____

Date: _____

Cheer Handbook

Review & Acceptance

The **SQHS Cheer Handbook** is an important, living document that helps our program maintain its vision, and ensure that all members are upheld to the same high standards. Our cheer handbook is reviewed and revised each year with the collaboration of coaching staff, athletic director, and current athletes. We take pride and ownership of this document.

Please take time to thoroughly read over the handbook and review it with your family. Cheer is a unique sport that requires commitment beyond that of a typical one-season sport. Members of our program are not only athletes, but also leaders, role models, and active community members. Expectations outlined in this handbook must be maintained beyond just that of practices and games.

We believe it is an honor and privilege to be part of the SQHS cheer program. Please take time to seriously consider your commitment and ability to honor all that is outlined in this handbook.

You can find our cheer handbook on our website:

<https://sites.google.com/view/sqsp>

I have read and understand the **Squalicum High School Cheer Handbook**. After reading the handbook, I feel that I would be an honorable candidate to represent Squalicum High School, the cheer program, and our community.

I agree to follow the standards and policies and fully cooperate with the other members of the SQHS Cheer program, including coaching staff, if chosen as a member of the cheer program.

Candidate's Printed Name

Candidate's Signature

Date

I have read and understand the **Squalicum High School Cheer Handbook**. I have discussed the standards and policies with the candidate. I agree to support him/her to uphold their commitment to Squalicum High School, the cheer program, and our community, if chosen as a member of the cheer program.

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date