

Columbus North High School

2020-2021

CHEERLEADING TRYOUT PACKET

Program Head & Varsity Basketball: Sarah Frasier

Varsity Football: Cindy Owens

Junior Varsity Football: Tara Murphy

Junior Varsity Basketball: Bianca Howe

Freshman Football: Mollie Knoch

Freshman Basketball: Alexa Stark/Lori Pelley

Email: cnhscheer2020@gmail.com

Dear Parents,

As coaches of the Columbus North Cheer Program, we are very pleased that your student athlete has shown an interest in trying out for the 2020-2021 cheerleading squads. If selected, each cheerleader will have many opportunities to excel, but will also have rules and regulations to abide by in order to remain a member in good standing. A cheerleader has many duties and responsibilities and several of these will affect you as parents.

PROJECTED EXPENSES:

Your financial obligation will vary depending on many factors (if the candidate has been a CNHS cheerleader before and what squads cheered, cheering one season or both, taking advantage of fundraising opportunities). The **ESTIMATED TOTAL** a cheerleader could spend is **\$1,000**. This would cover the following type of expenses:

- Uniform Accessories
- Warm-Ups
- Spirit Wear
- Camps

CHEER SEASON GAME TIME COMMITMENTS:

Varsity Squad:

- a. **Football:** Cheer all home and away games; cheer tourney games
- b. **Basketball:** Cheer all home boys' and girls' games; cheer tourney games

Junior Varsity Squad:

- a. **Football:** Cheer all home games; cheer Varsity North/East game, Homecoming, and Senior Night
- b. **Basketball:** Cheer all home boys' and girls' games; participate in Flag Routine for a limited number of Varsity games; attend North/East game and Senior Night as a squad

Freshman Squad:

- a. **Football:** Cheer all home games; cheer Varsity North/East game, Homecoming, and Senior Night
- b. **Basketball:** Cheer all home boys' and girls' games; cheer home tourney games; attend North/East game and Senior Night as a squad

Football cheer practices will be on Tuesdays & Thursdays from 4:30-6:30pm beginning July 14th

Basketball cheer practices for the 2020-2021 cheer season will begin as soon as football is over.

IMPORTANT NOTE:

A reminder that BCSC is on a balanced calendar. There will be practices and games for student athletes during the extended balanced calendar breaks (Examples: Fall Break; Thanksgiving Break, Christmas Break, and Spring Break). As you and your student athlete talk through the time commitments cheerleading will be for your family, please understand you will be expected to attend all practices, games and any other cheer function during these times.

Cheerleaders who are chosen for a 2020-2021 Cheer Squad will have summer commitments and will need to be available to attend these events. Summer calendars will be provided at the Parent Meeting.

CHEER SUMMER TIME COMMITMENTS (other dates could be added as needed):

- Wednesday, April 8th: Physical Night at Northside 5:30-7:30pm (Optional)
- Thursday, April 16th: Senior Meeting 3:30-5 pm. Athletic Conference Room (Seniors Only)
- Tuesday, April 21st: Fitting Day 4-6 pm LGI Room (All cheerleaders)
- Tuesday, April 28th: Parent & Cheerleader Meeting 6 pm North Cafeteria (All cheerleaders)
- Tuesday, May 5th: Sidelines 4:30-6:30 pm Cheer Room (Seniors Only)
- Thursday, May 7th: Practice 4:30-6:30 pm (All Varsity Cheerleaders & Freshman Football Only)
- Saturday May 9th: Car Wash 9 am- 12 noon at AutoZone (All cheerleaders)
- Saturday May 9th: Whiteland Stunt Clinic 1:30 pm (All Varsity Only)
- Tuesday, May 19th: Sideline Camp 4-6:30 pm Ceraland (Football Cheerleaders Only)
- Tuesday, June 2nd: Practice 4:30-6:30 pm (Freshman Football Cheerleaders Only)
- Monday-Friday, June 29th-July 3rd: Moratorium – No athletic events can be held
- Tuesday July 7th: Practice 4:30-6:30 pm (Football Cheerleaders Only)
- Thursday July 9th: Practice 4:30-6:30 pm (Football Cheerleaders Only)
- Friday, July 10th: Cheer Camp 12 noon-5 pm North Gym 2 (Football Cheerleaders Only)
- Saturday July 11th: Cheer Camp 9 am – 5 pm North Gym 2 (Football Cheerleaders Only)
- Cheer Camp for basketball cheerleaders will be held in the fall-Dates to be determined

Before signing the attached parental permission slip, please read all enclosed information carefully with your student athlete. Cheerleading will be a rewarding experience that will remain with the candidate long after graduation from high school. It provides the opportunity to enhance leadership and team building skills, to perform as a trained athlete, and to channel enthusiasm and spirit in a constructive and beneficial manner.

Good luck to you as parents of a potential Columbus North High School cheerleader! We are sure you will experience much of the mental anxiety of cheerleading tryouts with your student athlete. We know you, as a parent, will give the much-needed encouragement and support throughout the tryout process. We wish each student athlete trying out the best of luck!

Cheers!
CNHS Cheer Coaches



2020-2021 CNHS Cheerleading Tryouts General Information

CLINIC SESSIONS: All tryout material will be taught at these clinic sessions.

Attendance and promptness are highly desirable and reflect the character of the candidate, however, we realize that there may be curricular or extra-curricular conflicts, and we certainly wish to honor them. Please let us know of any conflicts ASAP so that we may schedule you appropriately.

Monday, April 6th	5:30 - 7:30 pm	North Gym 2
Tuesday, April 7th	5:30 – 7:30 pm	North Gym 2

OFFICIAL TRYOUT: Tryouts are closed to the public. Only candidates trying out, judges and coaches are permitted in the tryout area.

Thursday, April 9th	5:30 pm	North Gym 2
Friday, April 10th	9:00 am	Result Packet Pickup – Cafe

The cheerleading coaches will meet after tryouts and discuss who will best fit the cheerleading squads. When the candidates return, they will each receive a folder with the results of their tryout. It will be the candidate's choice when they open their folder to see if they were chosen for a squad. If the candidate does **not** make a cheer squad, we encourage them to practice their skills and tryout again next year.

APPEARANCE: Appearance is VERY important and will be a part of the judge's scoring. You need to be completely ready **upon arrival** for all clinics and tryout day. Come "game-ready" each day!

Required dress for Clinic Sessions:

1. Solid colored tee shirt
2. Solid colored shorts
3. Tennis shoes or cheer shoes
4. Hair must be tied back in a ponytail with a bow
5. NO jewelry (including body jewelry) of any kind or hard hair devices allowed
6. NO gum
7. NO tattoos may be visible
8. NO finger nail polish

Required dress for Tryout day:

1. Solid white, short-sleeved tee shirt (no writing; tucked in)
2. Solid colored shorts
3. Tennis shoes/cheer shoes
4. Hair must be tied back in a ponytail with a bow
5. Make-up: must be natural! We need to be able to see your eyes and your lips!
6. Again - NO jewelry, NO gum, NO hard hair devices, NO visible tattoos, NO finger nail polish

2020-2021 CNHS Cheerleading Tryout Process and Procedures

OFFICIAL TRYOUT

The maximum score a cheerleader can score on each skill is 10 points per judge!

All material will be taught by the outgoing Senior Cheerleaders

CHEER (10 Points):

Judged on: motion technique, execution, voice, crowd appeal, confidence & spirit

CHANT (10 Points):

Judged on: motion technique, execution, voice, crowd appeal, confidence & spirit

DANCE (10 Points):

Judged on: execution, technique, rhythm, crowd appeal, confidence & spirit

TUMBLING: Each candidate will be assessed on tumbling ability. Any skills performed at tryouts, **will be expected to be performed during season.** Each candidate should perform a running tumbling pass and standing tumbling skill if applicable. A candidate should perform their most difficult tumbling skill for both running tumbling and standing tumbling.

- **Standing Tumbling (10 Points):**

Judged on: difficulty, form, height

- **Running Tumbling (10 Points):**

Judged on: difficulty, form, height, creativity

JUMPS: Each candidate will perform a toe-touch and a jump combination. For each candidate's combination, they can connect tumbling to a jump or do a combination of jumps. (Examples in order of difficulty: double-toe-touch; toe-touch back handspring; and pike toe-touch tuck). Be creative!

- **Toe-Touch (10 Points):**

Judged on: height, form, pointed toes, straight legs, land with feet together

- **Jump Combo (10 Points):**

Judged on: difficulty, creativity, height, form, pointed toes, straight legs in jump, land with feet together

APPEARANCE, CONFIDENCE, KNOWLEDGE OF MATERIAL, AND OVERALL EFFECT (10 Points)

EVALUATION (5 Points per judge) All candidates will have an evaluation score added to their tryout score based on these qualities: Academic effort, Attendance, Punctuality, Dependability, Cooperativeness/Attitude, Enthusiasm/School spirit, Leadership/Initiative, Respect for authority, Always gives 100%, and Commitment level. To get the full points, each candidate needs to get three evaluations. These evaluations can be completed by a teacher or coach.

TOTAL POSSIBLE POINTS = 85 PER JUDGE

CNHS CHEERLEADER SELECTION PROCEDURES:

Each judge rates each candidate on the aforementioned criteria. Scores are totaled, and candidates are ranked according to total points scored (highest to lowest). Candidates are then placed on squads according to score and position needs for their select team given they have met the qualifications stated previously. Freshman will be placed on the Freshman squad, Sophomores will be placed on the JV squad, and Juniors/Seniors will be placed on the Varsity squad.

2020-2021 CNHS Cheerleading Tryout Parental Permission & Student Agreement

This form must be submitted to the North Athletic Office

***Attn: Cheer Coaches
on or before Friday, April 3, 2020***

PARENTS:

I have read and understand the 2020-2021 Columbus North High School Cheerleading Tryout Packet which includes: Projected Expenses, Time Commitments (summer, season, & balanced calendar), General Tryout Information, Tryout Process, Candidate Information form, Tell Us What You Think form, and Teacher Evaluation forms.

I understand that all forms must be submitted for the candidate to be eligible to tryout.

I understand by the very nature of the sport, cheerleading carries a risk of physical injury. No matter how careful the candidate and coach are, the risk cannot be eliminated.

I understand the candidate's commitment and as their parent will take ownership to help them achieve success in this sport.

I support the candidate's decision to be a part of this program.

_____ HAS MY PERMISSION TO PARTICIPATE
IN CHEERLEADING TRYOUTS FOR THE 2020-2021 SCHOOL YEAR.

PARENT SIGNATURE: _____ DATE: _____

STUDENT:

I have read and understand the 2020-2021 Columbus North High School Cheerleading Tryout Packet which includes: Projected Expenses, Time Commitments (summer, season, & balanced calendar), General Tryout Information, Tryout Process, Candidate Information form, Tell Us What You Think form, and Teacher Evaluation forms.

I promise to be the best cheerleader, both physically and mentally, that I know how to be. In order to represent my school honorably, I will be honest, kind, helpful, and understanding to my fellow squad members, classmates, coaches, and faculty members at Columbus North High School. I also promise to abide by all of the rules set down by the Indiana High School Athletic Association and Columbus North High School. If I should fail, I will accept the consequences set forth by my coaches and Columbus North High School which could lead to my dismissal from the CNHS Cheerleading Program.

I understand that all forms must be submitted to the North Athletic office on or before April 3rd or I will not be eligible to tryout.

I understand by the very nature of the sport, cheerleading carries a risk of physical injury. No matter how careful the candidate and coach are, the risk cannot be eliminated. I will follow all safety rules as directed by the coaching staff.

I understand that I am expected to attend all practices, games and events as scheduled by the coaches.

STUDENT SIGNATURE: _____ DATE: _____

TRYOUT CONFLICTS:

Current Grade: _____

In the space provided below, please list any conflicts. Include the day, date, if you will miss the entire clinic or need to come late or leave early and the reason for the conflict.



CHEERLEADING CANDIDATE INFORMATION

This form must be submitted to the North Athletic Office

Attn: Cheer Coaches

on or before Friday, April 3, 2020

Attach a current photo here if you are an incoming Freshman or new to CNHS Cheer

STUDENT NAME: _____ CURRENT GRADE: _____

ADDRESS: _____ ZIP: _____

PARENT/GUARDIAN NAMES: _____

Email: _____ (Parent/Guardian) Email: _____ (Student)

HOME #: _____ CELL# (parent): _____ CELL # (student): _____
(PLEASE CHECK THE BEST PHONE NUMBER TO REACH YOU IN CASE OF QUESTIONS)

GRADES AS A CHEERLEADER: 5 6 7 8 9 10 11

ELEMENTARY SCHOOLS ATTENDED: _____

MIDDLE SCHOOLS ATTENDED: _____

TUMBLING SKILLS:

(standing) Back handspring Tuck Back handspring Tuck

(running) Round-off Back handspring Round-off Tuck Round- Back handspring Tuck

Are you currently in a tumbling class? Yes No; If yes, where? _____

Other activities you are involved in: _____

SQUAD PREFERENCE



I AM TRYING OUT FOR THE FOLLOWING SQUAD:

- VARSITY (11TH & 12TH Grade Only)
- JUNIOR VARSITY (10TH Grade Only)
- FRESHMAN (9TH Grade Only)

I HAVE EXPERIENCE STUNTING IN THE FOLLOWING POSITION(S): (check all that apply)

- BACKSPOT
- MAIN BASE
- SIDE BASE
- TOP

MY SQUAD PREFERENCE IS? (Rank 1 thru 3) If you can NOT cheer on a squad, mark that option out

_____ Football _____ Basketball _____ All Year (both seasons)

Check here if you would like to be considered for Game Day Squad Competitions (Varsity Only)
Game Day time commitments will be in addition to school cheer commitments
You must make a North cheer squad to be eligible for Game Day

If there is a squad that you can NOT cheer on, please state the squad and reason below:

Tell us What you Think!

*This form must be submitted to the North Athletic Office
Attn: Cheer Coaches
on or before Friday, April 3, 2020*

1. Why are you trying out for cheerleading?
 2. What 3 characteristics do you feel are most important for cheerleaders to possess? Why?
 3. If you had to define it, what is the job description of a cheerleader?
 4. Why is it important for all cheerleaders to be on time and at practice each day?
 5. Why is it important for a cheerleader to be an excellent role model for their peers and younger students?
 6. What is an idea you would like to see implemented in this year's cheerleading program?
 7. What are some goals or ideas you have in mind for yourself next year if you are selected to be a part of the cheerleading squad?
 8. Please note any conflicts you currently have or presume to have this summer or during next school year. This includes school and personal conflicts
-

CNHS Cheerleading Evaluation Form

Please rate _____ on the qualities listed below. To select the best representatives for our school, we would sincerely appreciate your HONEST opinion about this person and how well they would stand in the following categories.

Teacher Name: _____ Grade _____ School _____

5 = Exemplary 4 = Above Average 3 = Average 2 = Needs Work 1 = Poor

1. Academic Effort	5	4	3	2	1
2. Attendance	5	4	3	2	1
3. Punctuality	5	4	3	2	1
4. Dependability	5	4	3	2	1
5. Cooperativeness/Attitude	5	4	3	2	1
6. Enthusiasm, School Spirit	5	4	3	2	1
7. Leadership and Initiative	5	4	3	2	1
8. Respect for Authority	5	4	3	2	1
9. Always gives 100%	5	4	3	2	1
10. Commitment Level	5	4	3	2	1

Additional Comments:

Forms can be sent via inter-school mail to the North Athletic Office
Attn: Cheerleading

Forms need to be received on or before **Friday, April 3, 2020!**

PLEASE DO NOT RETURN THIS FORM TO THE STUDENT!

The information provided above will be kept strictly confidential. This information is a vital part of the candidate's total score. Your comments are strongly encouraged and very much appreciated.

Thank you in advance for your cooperation and input!

CNHS Cheerleading Evaluation Form

Please rate _____ on the qualities listed below. To select the best representatives for our school, we would sincerely appreciate your HONEST opinion about this person and how well they would stand in the following categories.

Teacher Name: _____ Grade _____ School _____

5 = Exemplary 4 = Above Average 3 = Average 2 = Needs Work 1 = Poor

1. Academic Effort	5	4	3	2	1
2. Attendance	5	4	3	2	1
3. Punctuality	5	4	3	2	1
4. Dependability	5	4	3	2	1
5. Cooperativeness/Attitude	5	4	3	2	1
6. Enthusiasm, School Spirit	5	4	3	2	1
7. Leadership and Initiative	5	4	3	2	1
8. Respect for Authority	5	4	3	2	1
9. Always gives 100%	5	4	3	2	1
10. Commitment Level	5	4	3	2	1

Additional Comments:

Forms can be sent via inter-school mail to the North Athletic Office
Attn: Cheerleading

Forms need to be received on or before **Friday, April 3, 2020!**

PLEASE DO NOT RETURN THIS FORM TO THE STUDENT!

The information provided above will be kept strictly confidential. This information is a vital part of the candidate's total score. Your comments are strongly encouraged and very much appreciated.

Thank you in advance for your cooperation and input!

CNHS Cheerleading Evaluation Form

Please rate _____ on the qualities listed below. To select the best representatives for our school, we would sincerely appreciate your HONEST opinion about this person and how well they would stand in the following categories.

Teacher Name: _____ Grade _____ School _____

5 = Exemplary 4 = Above Average 3 = Average 2 = Needs Work 1 = Poor

1. Academic Effort	5	4	3	2	1
2. Attendance	5	4	3	2	1
3. Punctuality	5	4	3	2	1
4. Dependability	5	4	3	2	1
5. Cooperativeness/Attitude	5	4	3	2	1
6. Enthusiasm, School Spirit	5	4	3	2	1
7. Leadership and Initiative	5	4	3	2	1
8. Respect for Authority	5	4	3	2	1
9. Always gives 100%	5	4	3	2	1
10. Commitment Level	5	4	3	2	1

Additional Comments:

Forms can be sent via inter-school mail to the North Athletic Office
Attn: Cheerleading

Forms need to be received on or before **Friday, April 3, 2020!**

PLEASE DO NOT RETURN THIS FORM TO THE STUDENT!

The information provided above will be kept strictly confidential. This information is a vital part of the candidate's total score. Your comments are strongly encouraged and very much appreciated.

Thank you in advance for your cooperation and input!