

## Montgomery High School Cheerleading Tryout Packet 2010-2011

Coach Tina Angel  
[tangel@srcs.k12.ca.us](mailto:tangel@srcs.k12.ca.us)

**Within this packet, you will find the information that you need in order to try out for the MHS Cheerleading Squad. Please read everything carefully. Students, if you a question, you may contact the coach at the above listed email address. Since you are the one trying out, I want to hear from you. Good Luck!**

### What to Bring to Tryouts:

- Candidate Application Form (included in this packet)
- MHS Athletics Parent Permission and Emergency Medical Authorization Form (included in this packet)
- Inherent Risks of Cheerleading Form (included in this packet)
- Three Completed Recommendation Forms in envelopes (forms included in this packet; forms can, also, be mailed to us ahead of time from the teacher completing the form)
- The three people with whom you'll be trying out (you pick your group, arrive Tuesday night with them!)
- Water bottle

### What to Leave at Home

- Anything of value, jewelry, piercings including belly button rings
- Gum, food, drinks (other than water)
- All of the other pages of this packet (bring only what is listed above!)
- Your family and friends – Tryouts are CLOSED to spectators.

### Schedule for Tryout Days (ALL Days Required):

- **Tuesday, April 20, Dance Room**  
**Eighth Grade Students: 6:00 – 7:30 pm, Current High School Students: 7:30 – 9:00 pm**
  - Arrive with your tryout group (groups of four), turn in all paperwork together!
  - Learn dance for tryouts
- **Wednesday, April 21, MHS Cafeteria, ALL: 6:00 – 8:00 pm**
  - Judged on Toe-Touch, Front-Hurdler, Tumbling and Stunting
  - Demonstrate stunting skills – you will stunt with experienced cheerleaders from MHS
  - Learn two cheers
  - Review dance
  - Obtain tryout times for Thursday
- **Thursday, April 22, MHS Wrestling Room, Beginning at 5:00 pm, Times determined on Wednesday**
  - Judged on cheers and dance
- **Friday, April 23, PAC (near Main Office), 3:45 – 4:30**
  - **Results shared via individual letters distributed as a group.** Results, also, posted on the website by tryout number after all letters have been handed out. Website: <http://www.teacherweb.com/CA/MontgomeryHighSchool/Angel/>

### What to Wear to Tryouts (ALL Three Days):

- A white short-sleeve t-shirt with NO school/organization affiliation. No stomachs showing. Tuck in shirts.
- A red pair of shorts.
- White, short athletic socks & athletic shoes – appropriate for cheerleading.
- Hair should be pulled back with no hair in your face. A clean pony tail or braid is appropriate. Nothing hard, plastic or beaded can be in your hair for safety reasons.
- Your fingernails should not be able to be seen from the palm side of your hand for safety reasons.

### What to Do if You Can't be at a Night of Tryouts:

- Please arrange all non-school related activities around these tryout dates and times.
- If you must miss, email Coach Angel the week before tryouts and provide your reason. Missing a tryout night without proper notification will reflect poorly on your commitment to the team and could prevent you from being adequately judged. **\*\*NOTE:** This step should be done by the student, not the parent acting like the student or the parent trying to do it for the student. The student is the one trying out for the squad.
- If you miss Tuesday night, you will be judged on those items on Thursday night. You will be responsible for learning the cheers from a friend.
- If you must miss Wednesday night, you will need to learn the dance from a friend later that night.
- If you must miss Thursday night, you will need to do a video tape tryout before school on Thursday. The video tape will be shown to the judges at the tryouts after school on Thursday.

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### Coaching

- Specific coaching assignments within the cheerleading program have not been assigned at this time. Because of this, all questions will be handled by Coach Tina Angel.

### Tryouts

- Candidates should plan to attend all three tryout days – April 20, 21 & 22. Results will be available on April 23. Specific times are provided on the first page of this packet.
- Tryouts will consist of two cheers, two jumps, a dance, stunting, and tumbling. The dance and cheer material will be provided at tryouts. Judging will be done by adult judges who have cheerleading and/or dance experience but are not MHS current cheerleaders. Judges scoring and coaches' decisions are final.
- There are two squads offered this year: Junior Varsity; consisting of 9<sup>th</sup>, 10<sup>th</sup>, or 11<sup>th</sup> graders, and Varsity; consisting of 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> graders. There will **not** be a Competition Squad offered this school year.

### Practice & Game Expectations

- Cheerleaders are expected to arrange all commitments around cheerleading. Cheerleaders must attend all scheduled practices and games. Attendance and tardiness policies will be addressed at the beginning of each season and a calendar will be provided. Cheerleaders arriving late or missing practices and games will be subject to the team disciplinary policy.
- Practices are tentatively scheduled for Tuesday, Wednesday and Thursday from 3:30 – 5:00 but this will be at the coach's discretion. Schedules will be provided at the first parent meeting in May.
- Football games are Friday nights and Saturdays. Basketball games are Tuesdays, Wednesdays, Thursdays, and Fridays. JV cheers at all JV football games and home JV basketball games. Varsity members cheer at all home and away football and basketball games. Both JV and Varsity members will participate in a select number of games/matches for non-cheering sports such as cross country, volleyball, soccer, baseball, softball, wrestling, tennis, swimming and diving, badminton, track and golf.

### Summer Commitment

- All cheerleaders are expected to be in town and available for practice and cheerleading events in June as well as for practice and camp July 5-25. Camp dates will fall within these July days. Plan to attend all days.
- If you are selected as a member of the cheerleading squad, you are expected to be at every cheerleading related event. We are a team and thus everyone is expected to act as one. Attendance at these summer practices and events prepares the teams for our upcoming seasons.

### Costs

- Uniforms will be provided by the school; however, cheerleaders are expected to pay for warm-ups, kick pants, socks, shoes and necessary accessories.
- Summer cost is approximately \$500 and includes camp, camp/practice clothes and summer practice.
- Scholarship money is available. Cheerleaders should speak with the coach about this after squads are announced.

### Academics & Athletic Code

- Academics are to be taken very seriously. A cheerleader will risk her eligibility to participate if she has one grade lower than a "C" in any class. Cheerleaders must maintain a 2.00 GPA to stay on the squad.
- Upon being named a Montgomery High Cheerleader, the Athletic Code goes into effect immediately.

**There will be a cheer meeting and fitting appointment for all cheerleaders for summer clothes and uniform pieces during the month of May. Once a squad has been picked, information about this meeting and the parent meeting will be distributed. Each cheerleader must have one parent/guardian present at the parent meeting.**

Any student who can't meet the above expectations and commitment **should not** tryout for Montgomery High Cheerleading. A cheerleader who fails to keep her commitment will be dismissed from the squad.