

# Central Valley Warrior Cheer Tryout Informational Packet



## **VARSITY**

### **Material Distribution:**

Monday, June 22, 2020

### **Virtual Cheer Tryouts:**

June 25, 2020 - 6:00pm

## **MIDDLE SCHOOL**

### **Material Distribution:**

Wednesday, June 24, 2020

### **Virtual Cheer Tryouts:**

June 27, 2020 - 9:00am

## **VIRTUAL TRYOUT AGENDA**

**Squads will consist of up to 25 cheerleaders.**

**Please note: in the event of a substantial drop off in scores, the size of the squad will be dictated by this variance**

### **Varsity (9<sup>th</sup> – 12<sup>th</sup> Grade)**

- **Material Distribution:**
  - Monday June 22, 2020
- **Tryouts:**
  - Thursday, June 25, 2020
  - 6:00pm

### **Middle School (7<sup>th</sup> – 8<sup>th</sup> Grade)**

- **Material Distribution:**
  - Wednesday, June 24, 2020
- **Tryouts:**
  - Saturday, June 27, 2020
  - 9:00am

- **The day before tryouts, Varsity and MS Candidates will be provided a number as well as a specific time to join the Zoom Tryout video call.**
- **If you do not show up at your anticipated time, you will be considered a no-show.**
- **Pom Poms are required.**

### **MANDATORY ZOOM PARENT MEETING:**

**(Someone must be in attendance or the candidate will not be allowed to move forward with tryouts)**

**Varsity and Middle School:**

**Saturday, June 20, 2020, ZOOM, 9:00am.**

**Zoom Meeting Details:**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/3072335021?pwd=cktURHJiWjdRQIMIT2RsQzdFRRTg0Zz09>**

**Meeting ID: 307 233 5021**

**Password: BELIEVE**

## **TRYOUT EXPECTATIONS**

**During virtual tryouts, the girls will perform a series of skills for a panel of judges. All judges have cheerleading expertise and experience. Candidates will demonstrate the following:**

### **CANDIDATES WILL BE JUDGED ON:**

- Entrance/Exit (Spirit On/ Off)
- Jumps
- Chant
- Tumbling (Standing/Running)
- Dance
- Overall Execution and Appearance

## **TRYOUT REQUIRMENTS**

- **Hair should be tied back in a ponytail with bangs out of the face.**
- **For tryouts, candidates should wear a solid pair of shorts; Black or Navy, a PLAIN white t-shirt/tank tucked in, and white cheer/tennis shoes.**
- **You may wear an athletic brace or wrap to support an injury and allow you to better perform.**
- **No jewelry.**
- **Classy and age appropriate Makeup.**

## **STANDARDS FOR CHEERLEADERS**

Cheerleaders by title are role-models. Remember that there are people watching everything you say and do. Because of this, the Central Valley Cheerleaders are expected to set high standards for their school and to set a good example for their fellow students. To accomplish this, you must abide by the following expectations;

- Sign and abide by the provisions of this packet. This program will not change! You will need to decide if this program is for you!
- Attend ALL scheduled practices/games/performances/events, unless it is an excused absence. Work and other activities are not excused, however for other WPIAL sports, we will try our best to work a schedule out with that respective Coach, however, not at the expense of the Team.
- Set an example of good behavior at all times (whether in uniform or not) in class, games, all school functions, and within the Community. Maintain academic and attendance requirements
- Fundraising efforts begin the day you make the Squad. All Financial Obligations **MUST BE MET** one week after making the Squad. Fundraising will defray your cost.
- Respect yourself and Respect others! Any behavior unbecoming of this will not be tolerated. I DO NOT DO MEAN! Follow the guidance and instruction of your Head Coach and Coaching Staff. Disrespect, talking back, foul language, eye rolling, blatantly ignoring coaches, or any other signs of attitude and discontent is unacceptable and will not be tolerated. A warning will be given and possible conditioning may occur, second occurrence will result in sitting out a game, third violation could lead to removal from the Squad.
- We are a **COMPETITIVE PROGRAM**, and will strive to be an **ELITE SQUAD!** We want to represent our School District, Community, as well as our Team to the best of our ability! Keep in mind that by nature, the time commitment, and demands are critical for a successful program. All athletes are required to uphold their commitment to the team. This is not an option! The Sport of Cheer has the longest season!
- All Squads will attend Home Camps; provided by UCA and Elite at a cost of \$250.00. We will have fundraisers where the Cheerleaders keep **100%** of the profit, which will defray costs.
- 1 Day a week practices begin at the beginning of July, however beginning the first week in **August; practice is 4 days a week. All activities are Mandatory, to include; Camp/Practice/Games/Competitions/Events, and CANNOT be missed!**
- **A GOOD ATTITUDE IS EVERYTHING!** A good attitude and being coachable, is what will bring us success in everything we do...both personally and professionally. This motto is a staple in this program and shouldn't be taken lightly. Approach everything with a good attitude, to include your responsibilities as a Cheerleader; show excitement and school spirit at ALL events (acting like you don't care does not make you cool...showing your love, dedication and loyalty, does), be motivating, work hard, be a team player, and take pride in your colors and representing them to the best of your ability. **GO WARRIORS!**
- If you LOVE this sport and whole heartedly want to cheer for Central Valley, I will do everything within reason to work with each of you from a scheduling perspective. However, this is a **TEAM SPORT** and when one is missing, it impacts the overall success of the team. If your absence will be a detriment to the good of the team, you will need to decide if this sport is right for you, or you may be replaced if your absence deters the advancement of the Squad. An Activity Form will need to be filled out within 1 week of making the CV Cheer Squad that list ALL activities both internally at CV and elsewhere.

**Central Valley Cheerleading Tryouts Permission Slip**

**Please sign, and email me the signed form to [heathersemovoski@gmail.com](mailto:heathersemovoski@gmail.com) no later than:**

**Sunday, June 21, 2020**

**Leave nothing blank!**

Name \_\_\_\_\_ Cheerleader's Cell Phone# \_\_\_\_\_

Grade entering (20/21 School Year) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Central Valley Sports Team(s) you play on \_\_\_\_\_

Parent Name \_\_\_\_\_ Best Contact # \_\_\_\_\_

Parent Email Address \_\_\_\_\_

Medical condition(s) we should be aware of? Please list all: \_\_\_\_\_

Apparel size (make sure to indicate "A" for Adult and "Y" for Youth):

T-Shirt \_\_\_\_\_ Bottom/Shorts \_\_\_\_\_ Shoe Size \_\_\_\_\_

**\*\*\*Please check the appropriate line or lines below, for all that applies**

\_\_\_\_\_ I am trying out for the Middle School Squad (Grades 7 and 8)

\_\_\_\_\_ I am trying out for the Varsity Squad (Grades 9, 10, 11, 12)

**IF TRYING OUT FOR VARSITY, YOU MUST CHECK YES or NO Below**

Please check Yes or No below, if you are interested in Cheering for the JV Cheer Squad if you do not qualify to be on the Varsity Squad. \*\*\*\*\*Please take note that JV will Cheer for the JV Football/Basketball Games, but will NOT Cheer Competitively. JV will have the SAME training as Varsity. This is an awesome development opportunity and is highly recommended for those who want to participate in WARRIOR CHEER! In order to have a JV Squad we need a minimum of 8 Cheerleaders who are committed to participate throughout the entire season.

\_\_\_\_\_ **Yes**, I'd love to cheer for JV! \_\_\_\_\_ **No**, I'm not interested to cheer for JV if I do not qualify for Varsity

**I have read and understand the expectations of the CV Cheerleading Program**

Cheerleader \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Central Valley Head Cheer Coach \* Heather Semovoski**

**\* 724-417-3618 \* [heathersemovoski@gmail.com](mailto:heathersemovoski@gmail.com)**



**AN EMAIL WILL BE SENT WITHIN 3 HOURS OF THE CONCLUSION OF TRYOUTS WHICH WILL CONFIRM THE CHEERLEADING SQUADS FOR THE 2020/2021 SEASON**