2013-2014 Niceville HS Cheerleading Tryouts
Varsity and Junior Varsity

Candidates should turn in the following to Niceville’s front office by Monday, April 29th 2013:

- Applicant Information
- Parent Permission Form Emergency Medical Authorization Form
- Consent and Release from Liability Certificate
- FHSAA Concussion & Heat Related Illnesses Information Release Form
- Current Physical **Students MUST have a current physical to tryout**
- Copy of first semester Report Card
- Recent Photo
- Teacher Recommendations (6)
- Clinic Fee $30 (checks payable to: Niceville High School Cheerleaders)
- Recent Photo (non-cheer related)

** The remainder of the packet should stay with you for future reference **

Late applications will have a ten-point deduction from the judge’s final score
No applications will be accepted after Wednesday May 1st

CHEERLEADING PREP CLINIC: Saturday, April 27th: 8:00AM - 10:00AM @ NHS Stadium

The Cheerleading prep clinic is not mandatory, but highly encouraged. Registration will be held at the door 30 minutes prior to start of clinic. This clinic is open to all students interested in trying out for Niceville, Ruckel, Lewis, or Destin Cheerleading entering grades six and above. Cost of the clinic will be $10 (Cash or Check made payable to NHS Cheerleaders).

*****NEW THIS YEAR *****
DUE TO A SHORTENED Tryout CLinic, EACH CANDIDATE MUST PICK UP A DVD OF THE TRYOUT MATERIAL ON MONDAY, APRIL 29TH OR TUESDAY, APRIL 30TH - BETWEEN 7AM AND 2PM IN THE FRONT OFFICE OF NICEVILLE. IT IS MANDATORY THAT ALL CANDIDATES LEARN ALL THE MATERIAL BEFORE CLINIC BEGINS ON FRIDAY EVENING.

If there are any issues with your tryout DVD you may exchange it for a new one by Wednesday May 1st

MANDATORY CHEERLEADING TRYOUT CLINIC:
May 3rd: 5:30PM – 8:00PM (Check-in starts at 5:00PM) Jumps/Tumbling/Review All Material (Cheer/Chants/Band Dance)
May 4th: 9:30AM – 12:00PM Review All Materials/Line up 3-3-3/Mock Tryout

MANDATORY TRYOUTS:
May 4th 3:00PM

**Tryout Clinic and Tryouts are closed to spectators**
ATTIRE:
Clinic: Please wear any combination of maroon, black and white shorts, sports bras and/or t-shirts (girls need form-fitted shirt if wearing a t-shirt), and white cheerleading shoes to all Clinics.
Tryouts girls: Please wear athletic shorts with a black sports bra, the shirt provided at clinic, and a maroon, black, white bow. Hair must be pulled back away from the face. Jewelry of any kind and gum will never be permitted.
Guys please wear: black shorts and provided t-shirt

SELECTION:
- *Varsity (9th–12th)* – a maximum of 20 candidates will be selected with a limit of 3 freshmen if they achieve a score that places them in the top five ranking of all participants.
- **Junior Varsity (9th–12th)** – a maximum of 15 candidates will be selected – the next highest scores
- Auxiliary (all males) – selected according to skill level

*All Varsity and Auxiliary members will be required to compete*
**Junior Varsity members will have the option to try-out for the competition squad. (Highly recommended)**

JUDGING: (maximum 200 points total)
Candidates will be judged during tryouts on their performance in the following categories:

SKILLS: (up to 140 points total; 70% of total score)
- Gymnastics (40 points – 25 points Standing/15 points Running)
- Chants – 2 Sideline Chants in Lineup with Skill (20 points)
- Cheer – UCA Style with skills (20 points)
- Jumps (30 points) Pike, Toe-touch, Front Hurdler, Double-Jump (include Toe-Touch)
- Dance – Females only (30 points)/Partner Stunts – Males only (30 points)

GRADES: (up to 30 points; 15% of total score)
- Candidates must meet the academic eligibility requirements specified by the Florida DOE and the Okaloosa County School Board affecting interscholastic athletic participation. Candidates must maintain a cumulative 2.0 GPA. Applicants will earn points based on their first semester report card.

TEACHER RECS: (up to 30 points; 15% of total score)
- Applicants will receive 6 teacher recommendation sheets. Each worth a maximum of 5 points.
- Applicants will provide teachers with leadership recommendation sheets that the teachers will turn in directly to the coach if they feel the student demonstrates excellence in all leaderships skills like: dependability, determination, diligence, respect, cooperation, work ethic, and overall great attitude.

- No grandfathering clause is in effect. A position on a squad for the current year does not guarantee a position on that squad or any squad for the next year.

PRACTICE/MEETINGS:
- Cheerleader Fitting/Parent Meeting:
  - Tuesday, May 7th there will be a mandatory Varsity sizing appointment for all cheerleaders starting at 2:30 pm in Coach Hill’s Classroom (room 501). All incoming 9th graders please come as soon as you get out of school. There will also be a mandatory cheerleader/parent meeting on Tuesday May 7th at 5:00 pm following the fitting. Cheerleaders and at least one parent must be in attendance! Parent or guardian will need to sign off on cheerleader’s purchases.
• Summer Practices:
  o May 18\textsuperscript{th} - Mud Run Community Help \textbf{mandatory}! (unless registered to run) Varied Times
  o May 26\textsuperscript{th} - Winn Dixie Bagging
  o May 31\textsuperscript{st} - Spring Game \textbf{mandatory}! Returners will cheer/ new members will observe in uniform
  o June 10\textsuperscript{th} – Aug 8\textsuperscript{th} - Summer Practice \textbf{mandatory}! Mon.–Thurs.7–10am & Fri. 8–10am
  o July 3\textsuperscript{rd}, 4\textsuperscript{th}, & 5\textsuperscript{th} - NO Cheerleading Practice! due to the holiday
  o July 14\textsuperscript{th}-28\textsuperscript{th} - NO Cheerleading Practice! Please plan all VACATIONS during this time period. Cheerleaders will NOT be excused from practice for vacations during regular practice times.
  o August 9\textsuperscript{th} & 10\textsuperscript{th} – Choreography Practice \textbf{mandatory}! for all competition team members

• Camps:
  It will be mandatory for all cheerleaders to attend NCA and UCA summer camps:
  • NCA Innovative Camp at FWBHS \textbf{June 27\textsuperscript{th} – 29\textsuperscript{th}}
  • UCA Camp in Tuscaloosa, Alabama \textbf{July 9\textsuperscript{th} – July 12\textsuperscript{th}}
  • Choreography for all competition team members \textbf{August 9\textsuperscript{th} & 10\textsuperscript{th}}

• School Year Practice:
  o During Football Season:
    Cheerleading practices will be held during 7\textsuperscript{th} period and after school:
    • Monday – Thursday until 3:30 pm (JV: Monday & Wednesday Only until 3:30)
    • Friday 7\textsuperscript{th} period only
    • 2013 Football finals (if applicable)
  o During Basketball Season:
    Cheerleading practices will be held during 7\textsuperscript{th} period and after school:
    • Monday – Thursday until 2:30 pm (JV: Monday & Wednesday Only until 2:30)
    • Friday 7\textsuperscript{th} period only
    • 2014 Basketball finals (if applicable)
  o Competition team practices will be held in addition to normally scheduled practices.
  o The coach or the captain may call additional practices or extend practice times if needed
    (advanced notice will be given so that transportation can be arranged)

• Gymnastics:
  o Cheerleaders will be required to attend a \textbf{MANDATORY} gymnastics class throughout the year at Amped one day a week for an hour and a half as well as keep up with the monthly payments.
    Payments will be arranged through the gym. The cost of gymnastics will be approximately $60 per month. Summer gymnastics will be held on Wednesdays from 8 am – 9:30 am. Fall gymnastics will be held on Mondays. Tumbling starts on June 12\textsuperscript{th} 2013 and will end with tryouts in 2014.

\textbf{IMPORTANT/MANDATORY ATTENDANCE DATES FOR ALL CHEERLEADERS:}
  • April 27\textsuperscript{th}: Optional “What to Expect at Tryouts”
  • April 29\textsuperscript{th}: DVD Pick Up and All Applications Due
  • May 3\textsuperscript{rd}/ 4\textsuperscript{th} : Clinic and Tryouts
  • May 7\textsuperscript{th}: Varsity Fitting and Parent Meeting
  • May 13\textsuperscript{th}, 14\textsuperscript{th}, 15\textsuperscript{th}: Afterschool Conditioning 2-3pm*
  • May 20\textsuperscript{th}, 21\textsuperscript{st}, 22\textsuperscript{nd}: Afterschool Conditioning 2-3pm*
  • May 28\textsuperscript{th}, 29\textsuperscript{th}: Afterschool Conditioning 2-3pm*
  • June 10\textsuperscript{th} Summer Practices Start

***Incoming freshman: If you have a commitment with a middle school sport, you MUST attend that event and NOT practice. You will NOT be penalized for missing practice under these circumstances!***
IMPORTANT COMPETITION DATES:

- November, 2013: UCA Regionals (Date/Location TBA)
- January 4th, 2014: FHSAA Regionals (Date/Location TBA)
- January 30th-February 1st, 2014: FHSAA State Cheerleading Competition – Kissimmee, FL
- February 8th – 9th, 2014: UCA National High School Cheerleading Championship – Orlando
- Two additional local competitions (Dates/Locations TBA)

FUNDRAISING:

- The following fundraisers are tentative and not limited to these options
- Our program provides many fundraising opportunities to help with expenses
- Each cheerleader will be required to participate in ALL Fundraisers
- Team Fundraisers will supplement camp fees, bus fees, seasonal expenses, etc.
- Specific Fundraisers will be designated to competition fees as well

  Major fundraisers will include: (Estimated Total Revenue Per Cheerleader = $1500)
  
  - Sponsorship Letters – each cheerleader will write letters asking for personal sponsorships.
  - Cheerleading Youth Clinic(s) – Cheerleaders will be present to teach material. (team fundraiser)
  - Spirit Cups (individual accounts)
  - FANcloth (individual accounts)
  - Reusable Shopping Bags (individual accounts)
  - Winn Dixie Bagging (team fundraiser)
  - Wal-Mart Bucket Drives (team fundraiser)

EXPENSES

Each cheerleader is required to pay a total of approximately $1200-$1300 during the school year to cover summer camp and practice uniforms. Payments will be broken down as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 13th</td>
<td>$400</td>
</tr>
<tr>
<td>June 6th</td>
<td>$400</td>
</tr>
<tr>
<td>July 8th</td>
<td>$400 or remaining balance</td>
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</tbody>
</table>

** In addition- gymnastics is $60 per month**

If a cheerleader quits or is removed from the squad, all financial responsibilities incurred will remain.

New Cheerleaders will be required to pay additional fees for warm-ups.

UNIFORMS:

- Uniform alterations and upkeep are the responsibility of the cheerleaders
- If uniforms need to be altered, they are NOT to be cut in any way
- Uniforms are school property and must be cared for appropriately
- Uniforms will be cleaned, hung up, and each cheerleader will be cleared by parents and/or coaches at the end of the season
- A fee of up to $50 may be charged if uniforms need to be cleaned or fixed when returned at the end of the year; however, the cheerleader will be expected to pay the current replace price for a uniform if it has been destroyed or lost.
- The practice uniforms each cheerleader orders are theirs to keep
RESPONSIBILITIES

- Cheerleaders are selected to represent all sports designated by the coach.
- Cheerleaders are expected to be leaders, not followers.
- Cheerleaders are to be exemplary citizens and school representatives.
- Cheerleaders are to accept all responsibilities assigned by the coach, captain or school official without comment or complaint.
- Cheerleaders are to be pleasant, respectful, courteous, and considerate of the members of their own squad, their captains, and their coaches.
- Cheerleaders must be present during a minimum of 4 class periods to be able to participate in any function that day.
- Cheerleaders are expected to participate in all practices, games and performances. If an absence is necessary, it must be approved by the coach 48 hours BEFORE the absence occurs. Not all absences that are approved will be considered excused. Any unexcused absence may result in a suspension from an upcoming performance, pep rally and/or game.
- Cheerleading is always the FIRST priority after academics. If a cheerleader chooses to participate in another sport, another competitive cheer team, or maintain a job, cheerleading should remain primary concern.
- Cheerleading is a one-year commitment. (Tryouts-tryouts) If a cheerleader is removed from the squad, or quits the squad at any time (for reasons other than medical), he/she will receive an “F” as their semester grade (to include forfeiting Amped Tumbling contract) and will not be allowed to tryout the following year.
- Tumbling contracts will be in effect from June 2013-Tryouts 2014.
- Participation in the competition team is mandatory for all Varsity Cheerleaders (male and female). Junior Varsity Cheerleaders will have the opportunity to tryout. If a JV Cheerleader chooses to opt out of the competition team, they will not accompany the team to Regionals, State and/or National competitions.
- All fundraising is MANDATORY for all members of the cheerleading squad.

HEALTH/INJURY:

- Each cheerleader must have a complete physical examination by a physician.
- Each cheerleader must have proof of insurance on file with the school.
- Each cheerleader must have an emergency medical release form on file with the school.
- If a cheerleader is sick, he/she must give notice to the coach. Required conditioning will be made up upon his/her return.
- If a cheerleader is injured, he/she will sit out per medical doctor’s note. If no doctor’s note is on file the cheerleader will be required to participate in all activities, fundraisers, games.
- If a cheerleader is injured with a detailed doctor’s note, he/she will sit out in uniform per the length of the injury.

Rodney Nobles, Principal
Kaitlyn Akos, Varsity Coach
Kim Hill, Junior Varsity Coach
**IMPORTANT:**
There is a risk of injury involved with cheerleading and practices. Parents must understand the risk of injuries and have the appropriate emergency medical forms completed and notarized.

### NICEVILLE HIGH SCHOOL CHEERLEADERS DEMERIT SYSTEM

The coach will issue demerits and disciplinary actions. This demerit system has been designed to build a disciplined cheerleading squad with a respectable reputation. Since these guidelines cannot cover all situations, the coach reserves the right to handle special cases. Each situation will be dealt with in a proper manner decided upon by the coach with assistance from the administration.

A cheerleader may be dismissed from the squad for repeated and flagrant violations of these rules.

Demerits start the day following cheerleader tryouts and end at the end of the cheer season.

COACH MUST BE NOTIFIED BEFORE PRACTICE IF YOU WILL BE OUT. SENDING WORD BY ANOTHER CHEERLEADER OR NOT CALLING IS NOT ACCEPTABLE AND WILL RESULT IN DEMERITS.

<table>
<thead>
<tr>
<th>OFFENSE</th>
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<tbody>
<tr>
<td><strong>Summer:</strong></td>
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<tr>
<td>All summer workouts must be complete before school starts!</td>
</tr>
<tr>
<td>1 Missed Practice: 2 miles/1 full stadium/1 small stadium/10 tucks/100 sit-ups/50 pushups</td>
</tr>
<tr>
<td>2 Missed Practices: 2 miles/2 full stadiums/2 small stadium/20 tucks/100 sit-ups/50 pushups</td>
</tr>
<tr>
<td>3 Missed Practices: Workout for 2 Missed AND you will sit out of the upcoming events for the next week. This includes camp, games, pep rallies, performances but will be in attendance in uniform.</td>
</tr>
<tr>
<td>4 Missed Practices: Workout for 2 Missed AND you will sit out of the upcoming events for two weeks. This includes camp, games, pep rallies, performances but will be in attendance in uniform.</td>
</tr>
<tr>
<td>5 Missed Practices: Removal from the squad and all financial obligations still apply.</td>
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<tr>
<th>Fall:</th>
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</thead>
<tbody>
<tr>
<td>All 1st semester workouts must be complete before 2nd semester starts!</td>
</tr>
<tr>
<td>1 Missed Practice: 2 miles/2 full stadiums/2 small stadium/20 tucks/100 sit-ups/50 pushups AND you will sit out for any upcoming events but will be in attendance and in uniform to all cheerleading functions.</td>
</tr>
<tr>
<td>2 Missed Practices: Workout for 1 Missed AND you will sit out for any upcoming events for potentially two full weeks but will be in attendance and in uniform to all cheerleading functions.</td>
</tr>
<tr>
<td>3 Missed Practices: Workout for 1 Missed AND you will sit out for any upcoming events for potentially two full weeks but will be in attendance and in uniform to all cheerleading functions. We will also have a parent, member, administrator meeting.</td>
</tr>
<tr>
<td>4 Missed Practices: Workout for 1 Missed AND 1 Month probation in uniform.</td>
</tr>
<tr>
<td>5 Missed Practices: Removal from the squad and all financial obligations still apply.</td>
</tr>
</tbody>
</table>

Wrong/No Bow-1 Full Stadium  
Wrong Bra/Shorts-1 Full Stadium and 2 laps  
Wrong Uniform-1 Mile and 2 Full Stadiums  
No Poms-1 Mile and 2 Full Stadiums  
Late-1 Mile, 20 tucks, 2 Stadiums

Captains and coaches will be responsible for inspection of uniforms, hair, and shoes before any performance. Jewelry of any kind and gum is not and will never be permitted (FHSAA Regulation).