

NPHS

CHEERLEADING

2018-2019 Tryout Packet

Dear Potential Cheerleader/Cheerleading Parent,

All students trying out must be presently enrolled/zoned to attend North Pitt High School. This is a School District of Pitt County rule and NO EXCEPTIONS can be made.

Cheerleading is a very important part of North Pitt High School. Holding this job is a big responsibility. Being a cheerleader is hard work, and requires constant dedication to self, team, school, and community. We are excited that you are interested in becoming part of our cheerleading family. So that you are aware of all that is involved, we ask that you carefully and thoroughly read all of the information in this packet. Please consider every aspect before deciding if NPHS Cheerleading is a suitable activity for you. Individuals should remember that as part of the cheerleading team, you are a representative of NPHS, and are expected to display a positive role model image at all times both in the classroom and around our community.

There is a huge time commitment involved in being a cheerleader. It is important that NPHS cheerleaders be willing to go the extra mile. Parents and cheerleaders must understand that cheerleading is a year-round commitment. All cheerleaders will cheer for both football and basketball games. Additionally, cheerleaders will participate in various other school and community events. A cheerleader is expected to commit his or herself for the entire year.

Students interested in participating in tryouts for NPHS cheerleading must be present during its entirety. **Tryouts for our 2018-2019 season will be held May 10th and 11th. Tryouts will be held in the NPHS Gym each day from 4-6:30. Please make sure you bring the following with you to tryouts.**

- 1. Parental Agreement/Consent Form**
- 2. NPHS Cheer Application Form**
- 3. Up to date Physical (You will not be allowed to tryout without it)**

Participants must complete both days in order to be considered. Potential cheerleaders should bring a positive attitude and be ready to show why you should be a NPHS Cheerleader. Participants will be required to learn a cheer and dance during this tryout. Observation of skill levels in stunting, tumbling, motions, and jumps will also be done at this time.

Final scores will be given by the NPHS coaching Staff on day of final tryout and **announcement of our 2018-2019 teams will be posted to our website at 8:00p.m. on May 11th.** The NPHS Cheerleading website is nphcheer.weebly.com Tryouts are closed to the public, only potential cheerleaders will be allowed in the gym.

Appropriate attire must be worn for the tryout and should include proper athletic shoes. No jewelry or gum. Cell phones should be silenced during the clinic. Hair must be worn in a secure, clean ponytail. Come prepared to be respectful and encouraging towards others at all times, and remember to keep a positive attitude.

Again, we ask that you carefully read all the material in this packet. It is imperative that prospective cheerleaders and their parents understand what is expected.

Being a part of NPHS Cheerleading can be some of the best memories of your life. Cheerleading is a wonderful opportunity to learn about leadership, school spirit, and responsibility. I welcome your participation at the tryout if you are ready to be a leader, work hard, and show Panther Pride. I wish you all the best at tryouts, enjoy the experience!

Sincerely,

Coach Kristy Boquin

Coach Tabby Bullock

Coach Holly Hudson

Coach Stacy Dixon

2018-2019 NPHS Cheerleading Constitution

❖ Purpose

- Our Purpose is to create and promote school spirit, pride, and loyalty. Our goal is to encourage good sportsmanship by building better relationships between schools, while bringing positive recognition to our school. We will do this through superior representation, public relations, and competition. Furthermore, the NPHS Cheerleading program is designed to promote interest in school activities, while developing responsibility and teaching self-respect through encouraging honest effort. We strive for perfection with character building, as well as teach teamwork and pride in a quality performance.
- These guidelines have been designed to build a high caliber cheerleading squad with a respectable and impressive reputation. School and district rules must be followed at all events including off-campus activities. Cheerleaders should be leaders both in the school, in our community and must set a good example at all times.

❖ Qualifications

- Grades
 - Any grade during progress reports or report card showing a “F” is unacceptable and will result in the cheerleader being immediately suspended from cheering until the grades improve.
- Physical Fitness
 - Cheerleaders must be physically fit in order to participate effectively in stunting, jumping, tumbling, and other aspects of cheerleading. Cheerleaders with weak joints are requested to wear braces or other personal protective equipment. Cheerleaders must keep themselves healthy. Any health problem that arises and may become detrimental to the cheerleader or the squad must be addressed. A doctor’s note may be required and/or a period of sitting out may result.
- Financial Obligations
 - Candidates must be and remain in good financial standing with the school.
 - Participation in select team fundraisers is required.
 - Cheerleader are required to maintain good condition and cleanliness of his/her uniform(s). Failure to do so will result in being required to replace the damaged uniform.
 - NP Cheerleaders will be required to purchase certain items out of pocket. The items are listed as follows. Brief, shoes, bows, socks, cheer bags, warmups, and poms and two camp outfits. See attached cost analysis sheet for approximate amount required.
 - All cheerleaders will be required to participate in our UCA Summer camp. This camp is being held June 26th, 27th, and 28th. If they are not in attendance for the whole camp they will not be allowed to participate. The cost of this camp is also on the attached cost sheet.
 - Cheerleaders will be required to attend at least two tumble classes per month at Roses Gymnastics This is to strengthen our tumble ability as a team. The cost of the class depends on how many team members we have after tryouts. This class should be around \$30 per month for two one hour sessions. This is just an estimate and may go up or down depending on team size.
- Other Athletic participation
 - Due to its demanding nature cheerleaders will not be able to participate in any other school athletic sport while on the NPHS cheerleading squad.

❖ Accountability

- Each cheerleader will be required to learn all material used for NPHS cheerleading. All material needs to be performance-ready well in advance of first performance. Failure to do so will require the cheerleader to sit out under until they are performance-ready.
- Cheerleaders are not permitted to allow a non-cheerleader to wear their uniform, at any time, for any reason.

- A cheerleader represents his/her school both in and out of uniform, therefore a cheerleader's moral conduct should be above reproach at all times. Misconduct includes (but is not limited to) the use of alcohol, drugs, cigarettes, inappropriate language, any participation in parties/events where the above mentioned are present, lying, fighting, inappropriate use of social media.

❖ Attendance

- All cheerleaders must attend every team event in its entirety. Failure to do so may result in permanent suspension.
- Cheerleaders must be present for at least half the school day on game days in order to cheer. Any exceptions must have prior approval of the coach. It is the responsibility of the cheerleader to notify the coach immediately if they missed more than half the day.
- Any cheerleader who is absent from school must notify their coach immediately on the day of the absence if there is an event scheduled for that day. Coaches will decide if the absence is excused or not.
- If a cheerleader is ill and must miss a team event, he/she must be at home resting or seeking medical appointments.
 - **If you are able to still come to a team event and sit out or "take it easy", you are expected to do so.**
- All doctor's appointments, college visits, etc., should be scheduled so that they do not interfere with team events.
- Tardiness
 - Being prompt (5-15 minutes early) is **expected** at all cheerleading events.
 - All practices will have a sign-in sheet. If you arrive late to a practice, you will be benched one quarter for every 15 minutes you are late. If you consistently arrive late to practice, your spot on the team may be reconsidered by our coaching staff.
 - Be aware that traffic may be a concern and is not a valid excuse for tardiness.
 - Coming back late from halftime break (2 minutes prior to halftime ending) will result in the entire team not receiving the halftime break at the next game.
 - Please notify a coach (not a fellow teammate) immediately if you even *think* you may be late. Just because you "told the coach" does not mean the absence is excused.
- Transportation
 - Transportation to away games and competitions will be arranged through the school. If NPHS cheerleaders are cheering at an away game, all are expected to ride on the bus to the event and may choose other transportation for departing the away game. If you choose not to ride home with the team, YOUR PARENT must sign you out through a coach before the end of the event.
- Work, not having a ride, "I forgot," studying, outside activities, etc. are not considered an acceptable excuse for missing or being late to any event or practice. Students should understand that only serious illness; very special extenuating family circumstances are legitimate reasons to miss or be late to a cheerleading event.
- School attendance is of utmost importance. Excessive school absences are unacceptable and can affect your spot on the team.
- Coaches are willing to work with a cheerleader when advance notice is given of a conflict. Last minute surprises are unacceptable and will be dealt with on a case by case basis.
- Coaches are not responsible for transportation to and from practices or games.
 - If participants are not picked up on time and this happens more than twice the participant will be up for review by the NPHS coaching staff for suspension.

❖ Practices & Events

- Appearance
 - Appropriate clothing must be worn and information will be given as to what outfits (often including bow, socks, undergarments, etc.) will be worn for all events.
 - Whenever dressed in "required attire," you are to remain that way until you are home & fully changed.
 - Hair must be worn in a secure ponytail for all practices and performances. Please arrive to practice ready to practice and plan for your hair to last throughout the entire practice.
 - Wearing jewelry is prohibited with the exception of religious or medical medals that are taped to the body under the uniform without a chain. Prohibited jewelry includes fishing line through any piercing to keep the hole from closing and woven friendship bracelets/anklets. This includes new piercings. Eyeglasses must be secured with a strap.
 - Cheerleaders' fingernails must be kept short. Only clear nail polish or traditional/plain French manicure is acceptable.
 - Visible tattoos are not allowed. If tattoos do exist, they must be covered.

- No gum is allowed at events.
- Light neutral makeup & lipstick is to be worn for all events.
- Practices will not be organized around meeting times and dates of other clubs and organizations.
- Cheerleaders are responsible for bringing their own water/sports drink to ALL events.
- Cheerleaders are to promote good sportsmanship at all events. Showing respect for other cheerleaders, organizations, players, the student body, coaches, officials, and spectators is a must.
- At all events, the coach makes all decisions regarding whether a cheerleader participates as well as to the extent of their participation. If parents have concerns about any decisions the coach makes, please contact the coach the next school day following the event (e-mail is preferred method of communication unless there is a dire emergency). **KristyBoquin@gmail.com**

❖ Discipline

- Discipline can be given by any NPHS cheerleading coach or school administrator.
- All issues will be dealt with on an individual basis as they may arise.
- Benched means the cheerleader will sit out for a portion of the game, suspended means the cheerleader is not allowed to dress in uniform or participate in the event(s).
- Excessive, repetitive, and/or cumulative discipline can result in the cheerleader being ultimately dismissed from the team.
- All concerns should always be addressed with the coach first.

❖ Contacting Coaches

- Please take into consideration that your coaches have families and their own lives too! ☺ When contacting a coach “after hours,” please consider first if the issue is a dire emergency. If it is something that can wait - please wait.
 - “After hours” refers to after practices/events and weekends.
 - Dire emergencies are things such as illness, injury, death in the family, etc.
- Please always remember that a lack of planning on your part does not constitute an emergency on ours.

NPHS Cheerleading Application

Name: _____ Student ID#: _____

Cell phone #: _____ E-mail address: _____

Address: _____

Current school: _____ Current grade level: _____

Cheerleading Experience (Circle One)

1year 2 years 3 years 4 years or more None

If you have taken private lessons for cheerleading, tumbling, or gymnastics please list years and gym where this has taken place.

Please let us know why you would like to be a part of the NPHS Cheerleading Program.

Which stunt position will you trying out as? *Trying out as a certain position does not guarantee that you will serve in that capacity if you make a team.*

Base Back Spot Flyer All Positions

I understand that the judges and coaches' decision is final. I have read and fully understood and agree to abide by all information provided in the HHS Cheerleading Tryout Packet. If I make a team, I understand and accept that failure to abide by the NPHS

Cheerleading Constitution may result in suspension or dismissal from the squad. I am aware of the time and financial responsibilities to be an NPHS Cheerleader. As a representative of NPHS, I agree to abide by all information given if selected as a NPHS Cheerleader for the 2016-2017 school year.

Signature of Applicant: _____ Date: _____

NPHS CHEERLEADING

Parent/Guardian Permission Form

I give my child, _____, permission to be an NPHS cheerleader for the 2018-2019 school year. If selected, she has permission to participate in all cheerleading events and I understand that she must abide by the rules set forth. I also understand that cheerleading events will be held year round. I furthermore understand that attendance at all events throughout the year is a requirement of a cheerleader. I understand that I am to be prompt and on time to drop off and/or pick up my cheerleader at the time specified by the coach and failure to do so may cause my child to lose privileges.

I realize that NPHS Cheerleaders will be expected to follow certain team guidelines. I have read and fully understood the NPHS Cheerleading Tryout Packet. I accept that the coaches reserve the right to add or modify said guidelines as need arises.

While I know that NPHS is committed to the cheerleading program and provides extensive support, I understand that the coaches and school assume no financial obligation due to individual expenses incurred by cheerleaders. I understand that, if chosen, my child will be required to pay individual costs if necessary.

I agree not to hold liable/responsible the coaches, NPHS (its staff or volunteers), and the School District of Pitt County for any accident or injury that may occur as a result of participation in NPHS Cheerleading. I give my permission for my child to receive medical attention in the event that I am not present or cannot be reached.

I understand all responsibilities and requirements should my child become an NPHS Cheerleader. I have read this Permission Form, fully understand its terms, and sign it freely and voluntarily.

Signature of Parent: _____ Date: _____

Parent/Guardian Information:

Name: _____ Cell phone#: _____

E-mail address: _____

Secondary Emergency Contact Information (if Parent/Guardian is unable to be reached):

Name: _____ Cell phone #: _____

Relationship to Applicant: _____

