

Cheer Team Tryout

2020-2021

Please fill out and complete the packet and email to Coach Wilcox at cwilcox@spxkc.org no later than **May 1**.

I. Section One: General Information

Name: _____ Grade 2020-21: _____

Parents' Names: _____

Parents' Cell Numbers: _____

Student Email: _____

Parent Email: _____

I am trying out for Varsity _____ JV _____ no preference _____

Please list any cheer experience you have (age, all-star, school etc.)

Why do you want to be a St. Pius X cheerleader?

What are some of your cheer strengths you can bring to the squad?

Please list any outside activities you will have during the season (all-star, work, etc.)

Incoming freshmen ONLY: What school do you attend and what is the dismissal time?

I have read the cheerleading packet and I agree to abide by the rules, and I understand the expectation listed.

(Participant Signature)

I agree to let my daughter tryout for the cheer team, and I understand the financial and time commitment needed for this program.

(Parent Signature)

II. Section Two: Tryout Information

Dates: May 4th and 5th

Times: TBD (tryout schedule will be sent out to parents on May 2nd)

Location: VIRTUALLY ON ZOOM (instructions will be sent to participants by May 3rd)

Coaches: Camin Wilcox (cwilcox@spxkc.org)

*there will be two Avila University cheer alumni judging virtually

Tryout Note:

Due to the unforeseen circumstances of the COVID-19 virus, tryouts will have to be virtual thus some changes to the initial handout info will have to be changed. I understand that this is not the ideal tryout method, but I am doing all I can to ensure a safe environment for tryouts. With that in mind, there will be **NO** tumbling or stunting included in the Zoom tryout. However, if you have **previous** footage of you demonstrating any tumbling or stunting skills, please email those videos/pictures to Coach Wilcox. The order of the tryout will be outlined below. As previously stated, the packet must be turned in by May 1st and the schedule for tryouts will be sent out on May 2nd. Participants will receive a date and time spot. Parents are welcome to watch the tryout, but it is not mandatory. If you are intending on sitting in on your daughter's tryout, please be a spectator and let your daughter focus on the instructions and safe and correct execution of the tryout material. If you have any questions, please email me prior to tryouts to address them. Thank you.

The results will be posted on both cheer social media accounts- Twitter (@SPXCheer) and Instagram (@spx.cheer).

The results will be posted as one singular team with Varsity and JV being determined after in-person practices have begun. The expectations for both teams can be found in the first handout sent to you as well as the cheerleading page on the SPX website (spxkc.org/cheerleading).

III. **Section Three: Tryout Process**

Once you have submitted the tryout packet to Coach Wilcox, you will receive a confirmation email that will include all the tryout materials.

On the day and time of your audition, you will join a Zoom meeting with Coach Wilcox and two judges (AU cheer alumni Shelby Springett and Mackenzie Sinclair) and perform your tryout in this order:

1. Jumps

- a. Participants may do the following jumps: toe-touch, right, left, or front hurdler, or a pike
 - b. More points will be awarded for 2 or 3 jumps in sequence (you may send in previous footage of jumps connected with jumps ex: toe-touch into BHS)
2. Fight Song
- a. Participants will be asked to perform the fight song and may begin after instructed to start
 - b. This is where motions, facial expressions, and spiriting are very important!!!
 - c. A video of the fight song will be included in the tryout materials
3. Choreography
- a. Participants will then be asked to perform the four 8-count routine from the tryout materials and may begin after instructed to start
 - i. If you cannot play the music for any reason, please email Coach Wilcox prior to tryouts
 - b. Participants should pay attention to their motions and movements for this portion of the tryout, but facials are still considered in the overall score

*tryout attire is listed in the handout online

IV. Section Four: Season Expectations

1. Overall Expectations: As a member of this squad, you are representing St. Pius X both in and out of uniform. Accepting a position on this team means you will be expected to attend every practice and scheduled game. Cheerleaders are expected to enhance the gameday experience as well as bring school spirit to the SPX community. Further expectations can be found in your handout.
2. Practices:
 - a. All practices will be supervised by the coaching staff or designated school official. Cheerleaders will NOT practice any stunts or gymnastics without the direct supervision of the coaching staff or designated school official!

- b. A monthly calendar will be given to each cheerleader by the coach with practices, games, times and locations.
- c. All practices are MANDATORY for ALL cheerleaders. This includes those on Academic Probation.
- d. Cheerleaders must be present at the last practice prior to a game or performance in order to participate.
- e. All practices are CLOSED SESSIONS unless invited by the coach, for specific occasions.

3. Games:

- a. Each cheerleader is responsible for securing transportation to and from all home games.
- b. The cheerleader must be at the school at the designated time before the game to warm up and practice.
- c. The coaching staff will arrange transportation when it is needed.
- d. If a cheerleader misses the departure time, they must provide their own transportation to the game. They will sit out the first half of the game, unless otherwise decided by the coaching staff.
- e. Cheerleaders will not be allowed to leave before the end of any game or event.

4. Attendance:

- a. All cheerleading activities, including games, practices, pep rallies, and camps are MANDATORY.
- b. student must attend school a minimum of a half of a day in order to participate in any games, events, or practices that day or following weekend.
- c. Cheerleaders must be on time to all practices, games, or events. Tardiness will not be tolerated.
- d. In case of emergency or illness, the parent must contact the coach by phone or email on the day of the emergency at least 1 HOUR before the scheduled event, practice, game, etc.
- e. Student athletes missing an entire day of school must have their parents contact the coach by phone or email in the morning to notify them of the absence and its nature.
- f. It is highly encouraged for no overlapping in sports, other extra-curricular activities, college visits, doctor's office visits, social

events or jobs. If these cannot be worked around cheerleading responsibilities, then the cheerleader will be responsible to work with the coach to determine the best solution.

- g. Part time job commitments should be arranged AROUND the cheerleading schedule.
- h. If a cheerleader does not attend the last practice prior to a game or performance, then they will not cheer and will be required to sit (in uniform) with the coach in the stands.

V. Expenses

- Note that these are estimated prices based off last year's expense report.
- There will be a buyback day after a designated practice where former cheerleaders can sell their items the new team will use. I encourage you to get in contact with former cheerleaders you know to help the process.
- As the season gets closer and the rosters are finalized, there will be a meeting for cheerleaders and parents to discuss final expenses and payments.
- Itemized list and **ESTIMATED** cost:
 - Adidas cheer shoes: \$50-66
 - JV Poms: \$20
 - Varsity Poms: \$30-40
 - Blue Gameday Bow: \$25
 - Blue & Gold Gameday Bow: \$15
 - Practice Shirts \$30-35
 - Gameday Socks: \$6 for two pairs
 - Gameday Gloves: \$12
- More items may be added on as needed

Thank you in advance for understanding the circumstances I am under. I am so excited to begin my coaching career and meet all of the cheerleaders and their parents! I cannot wait to see you all in person! There is more information in the handout online, and please feel free to email me with any questions you have!

