

2019-2020
TRYOUT PACKET



Application is due NO LATER than March 15, 2019 by 4:00 p.m.

YOU WILL NOT BE ALLOWED TO ATTEND CLINIC IF YOUR APPLICATION IS NOT ON FILE. NO WALK-IN CANDIDATES.

NO EXCEPTIONS!

Please only submit Pages 9-10 or 9-11 (if Page 11 pertains to you).

Place in Jessica Williams' mailbox in the KHS Athletic Office.

QUESTIONS? CONTACT...

Jessica Williams, Head Coach

(314) 570-2098 (texting preferred) or jessica.williams@kirkwoodschoools.org
(PLEASE LEAVE A VOICEMAIL IF YOU DO NOT RECEIVE AN ANSWER)



Like us on Facebook for up-to-date information regarding tryouts and ALL things KHS Cheer!

@Kirkwood High School Cheerleading

Tryout Schedule

TUESDAY MARCH 26, 2019

Clinic Day I

6-7:30 p.m. **North Kirkwood Middle School Gymnasium**

On this day, we will first review the basic fundamentals of cheerleading. Here, you will learn proper technique, arm and leg placement for all cheerleading motions and jumps. You will then view and begin learning all of the tryout material; this includes cheer, chant, jumps and dance. Don't get discouraged! You will have plenty of practice time!

WEDNESDAY MARCH 27, 2019

Clinic Day II

6-7:30 p.m. **North Kirkwood Middle School Gymnasium**

On this day, you will continue to learn and review all of the tryout material. Remember to stay encouraged!

THURSDAY MARCH 28, 2019

Clinic Day III

6-7:30 p.m. **North Kirkwood Middle School Gymnasium**

On this day, you will continue to learn and review all of the tryout material. You will also have the opportunity to practice with your tryout group and obtain input from the graduating cheerleaders. The Seniors will demonstrate the "dos" and "don'ts" of tryouts so that you are familiar with expectations.

FRIDAY MARCH 29, 2019

TRYOUTS

3:30-until

North Kirkwood Middle School Gymnasium

9 p.m. (approx.) Results-**Dougherty Ferry Parking Lot**

Individual letters will be distributed that will reveal your results. You **MUST** leave the premises before opening the envelope. If you cannot be there at 9pm, please contact Coach Williams.

TRYOUT RULES

- Jewelry is **STRICTLY PROHIBITED!** Absolutely **NO** piercings in any part of the ear, nose, face or naval. **NO EXCEPTIONS!**
- **NO GUM**
- Hair must be pulled back and out of the face. We recommend secure ponytails.
- Athletic attire is required. Jeans are prohibited and tennis shoes must be worn.
- On Friday March 29th, the required theme is KHS Spirit!!! **Wear combinations of red and white with black or gray accents ONLY.** Failure to do so will result in a Spirit point reduction. If you are a former cheerleader, **NO CHEER SHIRTS** will be allowed. This is your chance to show us your school spirit so be creative!

Practice Card Instructions

In order to tryout for any athletic activity, you must obtain a Practice Card from the Kirkwood High School Athletic Office. This serves as verification that you have been cleared by a Physician, or Nurse Practitioner, to actively participate in a sport. Step by step instructions on how to obtain your card detailed are below:

1. Rising Freshman and anyone who has NEVER tried out for a sports team at KHS MUST get a physical. Get a physical form from the wall outside of the KHS Athletic Office or you may download and print one from the KHS Athletic Website. This is the ONLY form that will be accepted. Physical forms, from your doctor's office, are not permissible.
2. If you are a current KHS athlete, or have previously tried out for a sports team, obtain your physical from the KHS Athletic Office. (NOTE: If your physical is not in the KHS Athletic Office, it means it has expired and you MUST get a new one. There are NO exceptions. DO NOT WAIT UNTIL THE LAST MINUTE TO CHECK!!)
3. Take your completed form to Lynn Kavanaugh, the KHS Athletic Department Secretary.
3. Get a practice card and fill out the back in its entirety. Please use black or blue INK and write legibly. DO NOT write in the Coaches Section of the card.
5. Bring your card to tryouts and turn in at Check-In.

Nuts and Bolts

- It is YOUR responsibility to determine if you need a physical.
- DO NOT WAIT UNTIL THE LAST MINUTE. There are absolutely NO exceptions to trying out without a card. Obtain one as soon as possible as to avoid a last minute rush.
- WE WILL NOT COLLECT PHYSICAL FORMS AT TRYOUTS. (You cannot turn in your physical form, on the first day of tryouts, and expect to participate. The card validates the form's authenticity.) **NO CARD=NO PARTICIPATION.**
- Please see the KHS Athletic Department Secretary BEFORE 4pm. The office will NOT extend their work hours to accommodate your schedule.



Judging Criteria

All candidates will learn the same material. Your overall score determines which team you will be placed on. Below are the criteria that will guide your score.

SKILL	POINT VALUE	EXPECTATION
CHEER	40	Correct motion placement Precision Voice Spirit
CHANT	20	SAME AS ABOVE
JUMPS	20 <i>Toe Touch, Side Hurdler, Front Hurdler, Double Toe Touch (up to 5 points per)</i>	Height Correct arm and leg placement Pointed toes Flexibility Proper Landing
DANCE	10	Correct motion placement Coordination Timing
SPLIT	5	Flexibility Correct arm placement
POISE/CONFIDENCE	5	Tidiness Overall appearance
BONUS POINTS <i>(These items are not required. They will simply add to your final score)</i>		
Back handspring	5	Technique Proper arm placement Proper landing Height
Back handspring Combo	7	SAME AS ABOVE
Standing Back Tuck	10	SAME AS ABOVE

POINT TOTAL 100



What to expect as a KHS Cheerleader

Being a cheerleader, at Kirkwood High School, is something to look forward to. Our squads bond throughout the year and establish long lasting friendships that last well beyond their time at KHS. Participating on the squad is very exciting, although practices can be demanding of your time. However, in return for your hard work, you'll experience crowds of cheering fans, become a role model to your peers, serve as an esteemed and highly regarded representative of KHS and gain memorable experiences. Here is what you can expect as a cheerleader for the Kirkwood Pioneers...

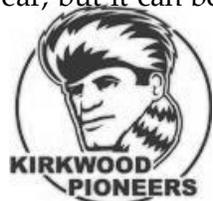
TRYOUTS

Tryouts can be one of the most exhilarating and exciting, yet nerve racking times of the year. The tryout process will take one week. We start the week off with clinics, which are held in the evenings, where you will learn a cheer, sideline chant, dance and traditional cheer jumps. Each day, up until tryouts, you will learn, practice and perform the material to the best of our ability. This is a good time to talk to veteran cheerleaders about expectations for the squad you are trying out for.

On the night before tryouts, get a good night's sleep. Eat breakfast and lunch the day of, as normal, and drink lots of water as you will need the energy. You will perform what you learned, in groups of 3 or 4, in front of a panel of judges. Be sure to dress in the required attire with your hair pinned back and out of your face. The judges are not only looking for perfected motions and voice projection, but also eye contact, poise and confidence. So, have fun and give it all you've got! Once everyone has taken their turn, the scores are tabulated and you will be given your results via letter that evening.

PRACTICES

Over the summer, practices are held on Tuesdays and Thursdays. Times will vary depending on the coach's personal schedule. During the school year, practice is more structured and held twice per week on Mondays and Wednesdays for Freshmen and JV. Varsity also practices on these days, but additional practices may be held at the coach's discretion. Practices are MANDATORY and missing them will result in consequences. Practice lasts for two (2) hours and can include stunt practice, practicing cheers, chants and dances, conditioning or preparing for routines/performances. Practices may seem never ending throughout the year, but it can be some of the most memorable bonding experiences you'll have.



FINANCIAL OBLIGATION

Cheerleading is a financial obligation. THIS IS A CAMP YEAR, which means the financial obligation increases. For the 2019-2020 season, parents should expect a balance of \$500-\$700 depending on which squad their child is placed on and what items are needed. There is a fundraiser held, during the fall, to help offset the financial obligation. Do not ever let this be a reason as to why you do not try out. There are many financial aid tools available to anyone who inquires.

GAMES

As a cheerleader, you get to be near all of the action! Whether it is on the track and just feet away from the turf during football season, or on the court and just steps away from the game during basketball season, you play a vital role in the game's atmosphere. Students, alumni, cheering fans and the local community will be in attendance and it will be your job to rally all that school spirit before, during and after the game.

FOOTBALL SEASON (Fall)

Freshmen typically cheer on Monday afternoons at 4 p.m. Freshmen only cheer at home games unless there is a special circumstance, in which they must provide their own transportation.

Junior Varsity typically cheers on Monday evenings at 6 p.m. JV only cheers at home games unless there is a special circumstance, in which they must provide their own transportation.

The popular phrase "Friday Night Lights" pertains to our Varsity Squad. This team cheers every Friday evening, at 7 p.m., for both home and away games. In the event that the football team advances to districts, sectionals and state, the squad will travel with the team. The squad also cheers at the historic "Turkey Day" Football games versus Webster Groves on Thanksgiving Day.

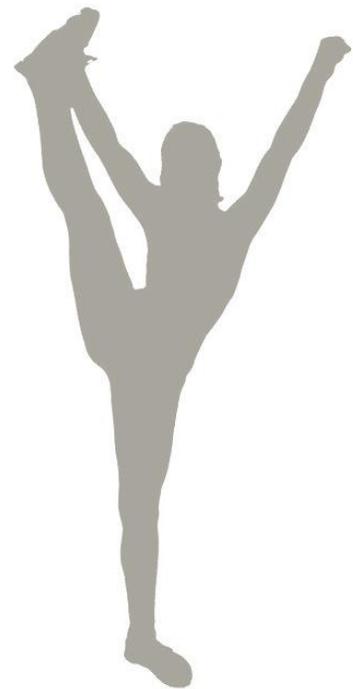
BASKETBALL AND WRESTLING SEASON (Winter)

All three squads cheer for both girls and boys home basketball games, which are held on Tuesdays and Fridays. Varsity, however, will travel if either team advances to districts, sectionals and state. Freshmen games typically start at 4 p.m., JV at 5:30 p.m. and Varsity at 7 p.m.

PERFORMANCES

There are several opportunities for cheerleaders to perform at KHS. At the beginning of the year, cheerleaders lead the student body during the Fall Pep Rally. Alongside the Pommies and Marching Pioneers, the squads dance and perform traditional cheers to promote school spirit and excitement for the year to come. The Varsity Squad performs a 3-4 minute routine to showcase their talents and further add to the enthusiasm.

Turkey Day is the most anticipated time of the year for Kirkwood Cheerleaders. The tradition, alone, is the best part of the entire experience and as a cheerleader, you play a vital role in the event's success. During the Turkey Day Pep Rally, the squads dance and perform traditional cheers alongside the Pommies and Marching Pioneers. The Varsity Squad, however, has a bigger role to play. In addition to serving as the primary spirit leaders for the event, they perform a 3-4 minute stunt routine, lead the crowd in traditional school cheers and cheer alongside the KHS Alumni Cheerleaders for the grand finale. It is truly a memorable experience that members of our squad never forget!



Social Media Policy

Being a cheerleader is so much more than wearing a cute uniform to school on Friday. Our girls represent Kirkwood High School and the Kirkwood Community. They are expected to maintain good grades and pass six classes, be attentive in class, show good behavior and be someone that others look up to. Teachers, coaches, staff, students and the local community take special notice of your behavior so you will be expected to always behave in a professional and responsible manner in social situations outside of school.

Social media are media for social interaction using highly accessible and scalable communication techniques. Examples include, but are not limited to: Facebook, Twitter, YouTube, Instagram, Snap Chat, Podcasts, Vodcasts, Text Messaging, Email Blasts, Flickr, Picasa, Peep, Blogs and/or Social Bookmarking.

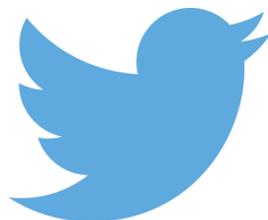
Students who participate in online interactions must remember that their posts reflect on the entire Kirkwood High School community and, as such, are subject to the same behavioral standards set forth in the Student Code of Conduct.

In addition to the regulations found in the Student Handbook, students are expected to abide by the following:

- To protect the privacy of KHS students and faculty, students may not, under any circumstances, create digital video recordings of KHS community members at either on campus or off-campus KHS events for online publication or distribution.
- Students may NOT use social media sites to publish disparaging or harassing remarks about fellow KHS students, squad members, athletic or academic contest rivals.
- Students who choose to post editorial content to websites, or other forms of online media, must ensure that their submission does not reflect poorly upon the school.

Failure to abide by this policy, as with other policies at KHS, may result in disciplinary action as described in the Student Handbook, or as determined by the KHS Administration.

Always act in accordance with the Athletic Code of Conduct!



*Please PRINT legibly using
blue or black INK.
NO PENCIL.*

TRYOUT APPLICATION

Applicant _____ Date of Birth ____/____/____

Parent(s)/Guardian(s) Name(s) _____

Address _____

City _____ State _____ Zip _____

Applicant's Cell Phone () _____ - _____

Applicant's Email Address _____

Emergency Contact (EC) Name _____ Relationship to Minor _____

EC Phone () _____ - _____

EC Email Address _____

School Now Attending (Circle One):

KHS NKMS NMS Other: _____

Grade Next Year (2019-2020):

 9 10 11 12

Current Cumulative GPA: _____

Do you have any medical conditions/concerns that would in any way restrict your involvement with the team? YES NO

If yes, please specify:



KHS Cheerleading Tryout Release Form

Dear Parent(s),

Your child is interested in becoming a member of the 2019-2020 Kirkwood High School Cheerleading Squad. If your child is selected to be a cheerleader, there are specific responsibilities and obligations which your child must assume in order to remain an active member of the team.

Being a member of the KHS Cheerleading Squad has many rewards and is a valuable experience they will remember for a lifetime. Additionally, your son/daughter will give pride and spirit to our school, students and community through their participation! We are delighted to offer your child the opportunity to join one of the finest organizations at our school and we look forward to a successful and great year!

APPLICANT RELEASE

I, _____, am interested in being a Kirkwood High School Cheerleader for the 2019-2020 academic school year. I have read the Information Packet, in its entirety, and fully understand the tryout rules and policies. I further understand that if chosen to be a member of the team, I must abide by the rules and regulations set forth by the coaches and administration of Kirkwood High School.

Signature of Applicant _____

Date _____

PARENTAL RELEASE

I, the undersigned, have read the 2019-2020 Information Packet in its entirety and hereby give consent for my child, _____, to tryout for cheerleading, at Kirkwood High School, for the 2019-2020 academic school year. I understand that his/her responsibilities include being present at all practices, games and special functions. I also understand that being a member of the KHS Cheerleading Squad is a financial obligation and I agree to pay my child's balance in full or make arrangements with the Head Coach if necessary.

Signature of Parent/Guardian _____

Date _____



TRANSPORTATION REQUEST FORM

Please only fill out and turn in, with your application and release form, if this pertains to you.

Name: _____

DISCLAIMER

Cab services will be provided for students who are in the VTS database only. Cabs will NOT bring students to North Kirkwood Middle as they have already utilized transportation during morning hours. Students will have to find an alternative destination, until tryouts begin. A cab will be called and will transport students, utilizing this service, home. Students can only be taken to the address on file in the database.

There is a bus that leaves from KHS and travels to North Kirkwood Middle right after school. IF you need to utilize this, please make sure and check the box below. This is to ensure there is space for you to sit, until tryouts begin, and staff available for supervision.

Please check the box if you need transportation home after tryouts.

_____ I am a VTS student requesting cab service.

THIS FORM IS DUE NO LATER THAN MARCH 8TH.

YOU WILL NOT BE ELIGIBLE FOR TRANSPORTATION IF THIS IS FORM IS SUBMITTED AFTER THE DEADLINE.

