

RAHS CHEER

2019-2020

Tryout Packet

Important Dates

April 11	Parent/Guardian Information Meeting at 5:30PM in the Cafeteria
April 19	Tryout Packets are due
April 24	Mandatory registration for Cheer Tryout Clinic
April 24-26	Cheer Tryout Clinics at 3:00PM
April 27	Rancho Cheer Tryouts (8am-12pm)

Fill out the Application Online!! <https://goo.gl/forms/TA1Hk8n8rEVwpUYm2>

Statement of Purpose

- To strive to maintain enthusiasm, good sportsmanship, and school spirit at all athletic contests and rallies through the performance of cheers; exuding qualities of the RAHS way.
- To develop and learn leadership qualities as well as those skills necessary for working as a member of a team such as tact, understanding, the ability to follow as well as lead, mutual respect for others, responsibility, and tolerance.
- To perform those skills involved in cheerleading which promote the following: precision in movement, body coordination, aesthetic movements, and general physical well-being.
- To experience the energy and dedication of competition and learn to work as a team toward a common goal.
- To exemplify respect for the opponent's team and cheerleader squad, game officials, all spectators.

Tryout Requirements

- GPA of 2.0 or higher
- No more than five Needs Improvement/Unsatisfactory marks
- Must be able to enroll in 6th period cheer class
 - It is mandatory to take 6th period cheer for the year.
 - All schedule changes pertaining to 6th period must be approved.
- The required forms in this packet turned in **NO LATER** than 3:00PM on **April 19, 2019**
 - Required forms include
 - Filled out Google Form Application (<https://goo.gl/forms/TA1Hk8n8rEVwpUYm2>)
 - Student and Parent Permission Form and Agreement
 - Emergency Form
 - Grade Check Form
- Three teacher recommendations must also be submitted by your teacher by **April 19, 2019**
 - Teachers (not students) must submit their recommendations. Please let them know they can email it to kgomez@ggusd.us or send it through district mail to Rancho Cheer.
- Participation in the tryout process includes:
 - Attendance in after school clinics during tryout week
 - Tryout audition **April 27**

Cheer Tryout Guidelines

1. When attending clinics:
 - a. Be on time, clinics begin at 3:00 PM
 - b. Listen and respect the instructors
 - c. Dress in appropriate attire that allows you to participate in the physical activities (follow all school dress codes, PE uniforms are allowed)
 - i. Appropriate shoes are required. Sneakers or running shoes are recommended. No sandals or open toed shoes of any kind.
 - d. Hair should be out of your face at all times.
 - e. No jewelry
 - f. No gum
 - g. Snacks must be put away during practice times. All trash must be collected and thrown away at the end of practice.
 - h. Bring plenty of water
2. On the day of tryouts (April 27, 2019)
 - a. Be on time. Each person will audition in groups of three. There will be a quick warm up and each group will be called into the CLOSED audition in order of your group number. Do not be late or miss your audition time.
 - b. We recommend you wear Rancho Alamitos colors and spirit wear (try to incorporate the colors green, gold, and white). This will be added to your overall score under SPIRIT
 - i. Follow all dress codes, wear appropriate attire and shoes.
 - c. Hair should be out of your face
 - d. No Jewelry
 - e. No Gum
 - f. Food must be put away during tryouts
 - g. Bring plenty of water
 - h. Please note that during your audition you will be brought in a separate room with your group. Please keep track of all your personal possessions and limit what you bring.
 - i. You will find out if you made the team on **April 27th**. List will be posted after auditions.

Rancho Cheer Program Requirements

Once you make the team, these are the requirements of our program.

1. Attend preseason practices and meetings during the summer. Summer practice schedule will be announced when you make the team.
2. Enrollment in 6th period cheer class for the year
 - a. Any schedule changes pertaining to 6th period must be approved.
3. Participation in cheer practices and games for the entire football and basketball season, including CIF games. Duration of the season is from September until mid February.
 - a. Varsity Squad will participate in Competition Season from January until the end of March.
4. Must meet all GGUSD athletic clearance guidelines, including getting a physical and signing all district clearance forms to participate in a sport.
5. Maintain good citizenship and satisfactory academic grades (2.0 or higher)
6. Uphold a positive attitude and support teamwork
7. Serve as a positive role model and ambassador for RAHS, GGUSD, and our community.
8. Participate in team fundraising events and community service opportunities
9. Show respect to your team, opponents, spectators, officials, coaches, and staff.
10. Be active members of our cheer squad by focusing during practices to learn all stunts, cheers, routines, and particularly all instructions to keep everyone safe.

RAHS Cheer Application

Please complete the Google form: <https://goo.gl/forms/TA1Hk8n8rEVwpUYm2>

Must be completed by **3:00PM** on **April 19th**

Student and Parent Agreement

I have read and discussed with my parents the information in the RAHS Cheer Tryout Packet. I am aware of the significant time, energy, behavior commitment required of RAHS Cheer Members and, if chosen, I agree to make that commitment without reservation.

Student Signature: _____ DATE: _____

Parent Signature: _____ DATE: _____

Parent Permission

_____ has my permission to tryout for the Rancho Alamitos High School cheerleading squad. If chosen, they have my permission to participate as a member of the team. I have read and understand the requirements outlined in the RAHS Cheer Tryout Packet and will assist in every way to see that they are enforced.

I understand that summer training will include required attendance at summer practice, and fall and spring training will include after school practices and weekly games.

If chosen as a member of the cheer squad, I understand my son/daughter must complete required documents to verify insurance, physical fitness, and parent permission. At this time, I am allowing my son/daughter to participate in the clinics and tryout activities **April 24-27**, using my own adequate accident insurance policy and temporary emergency release information.

While I expect school authorities to exercise reasonable precaution to avoid injury, I understand that the school assumes no financial obligation for any injury that may occur. I hereby state that I am the legal guardian of said child and am authorized to make these decisions.

Signature of Parent/Legal Guardian:

Please Print
Parent/Legal Guardian: _____
Address: _____
Telephone: _____

Emergency Information

Applicant's Name: _____

Printed Name of Parent/Guardian: _____
Home Phone: _____
Cell Phone: _____
Work Phone: _____

Emergency Contact 1: _____
Relationship to Cheer Applicant _____
Home Phone: _____
Cell Phone: _____

Emergency Contact 2: _____
Relationship to Cheer Applicant _____
Home Phone: _____
Cell Phone: _____

Emergency Contact 3: _____
Relationship to Cheer Applicant _____
Home Phone: _____
Cell Phone: _____

Family Doctor: _____ Phone: _____
Insurance Co: _____ Policy #: _____

Any additional medical information, including all medications and/or allergies we should know about? _____

Academic Teacher Evaluation #1

Student's Full Name: _____ Student #: _____

Teacher's Name: _____ Subject: _____ Period: _____

Dear Teachers and Staff,

Thank you for providing an evaluation for one of our Rancho Cheer applicants. The teacher/staff evaluations are a key part of the applicant's overall score and help us choose who can best represent our team, school, and community. Your responses are completely confidential and will not be shown to the applicant. Please return your evaluation to Mrs. Gomez at Rancho Alamitos High School. You can submit through district mail or you can email it to kgomez@ggusd.us or you can fill out the Google Form version by **April 19, 2019**.

Google Form: <https://goo.gl/forms/Nb807yJudsFHdvck1>

Rank on a scale of 0-5 (5 being the highest)

5 - Ideal 4 - Good 3 - Average 2 - Needs Work 1 - Very Weak 0 - Unacceptable

Dependability:	5	4	3	2	1	0
Attitude:	5	4	3	2	1	0
Cooperation:	5	4	3	2	1	0
Courtesy:	5	4	3	2	1	0
Character:	5	4	3	2	1	0
Work Ethic:	5	4	3	2	1	0
Attendance:	5	4	3	2	1	0
Enthusiasm:	5	4	3	2	1	0

10 - definitely → 0 - not at all

Will this student be an asset to the RAHS Cheer Program as a role/model ambassador?

10 9 8 7 6 5 4 3 2 1 0

Comments: _____

Teacher's Signature: _____ Date: _____

Academic Teacher Evaluation #2

Student's Full Name: _____ Student #: _____

Teacher's Name: _____ Subject: _____ Period: _____

Dear Teachers and Staff,

Thank you for providing an evaluation for one of our Rancho Cheer applicants. The teacher/staff evaluations are a key part of the applicant's overall score and help us choose who can best represent our team, school, and community. Your responses are completely confidential and will not be shown to the applicant. Please return your evaluation to Mrs. Gomez at Rancho Alamitos High School. You can submit through district mail or you can email it to kgomez@ggusd.us or you can fill out the Google Form version by **April 19, 2019**.

Google Form: <https://goo.gl/forms/Nb807yJudsFHdvck1>

Rank on a scale of 0-5 (5 being the highest)

5 - Ideal 4 - Good 3 - Average 2 - Needs Work 1 - Very Weak 0 - Unacceptable

Dependability:	5	4	3	2	1	0
Attitude:	5	4	3	2	1	0
Cooperation:	5	4	3	2	1	0
Courtesy:	5	4	3	2	1	0
Character:	5	4	3	2	1	0
Work Ethic:	5	4	3	2	1	0
Attendance:	5	4	3	2	1	0
Enthusiasm:	5	4	3	2	1	0

10 - definitely → 0 - not at all

Will this student be an asset to the RAHS Cheer Program as a role/model ambassador?

10 9 8 7 6 5 4 3 2 1 0

Comments: _____

Teacher's Signature: _____ Date: _____

Choice Teacher/Staff Evaluation

Student's Full Name: _____ Student #: _____

Teacher's Name: _____ Subject: _____ Period: _____

Dear Teachers and Staff,

Thank you for providing an evaluation for one of our Rancho Cheer applicants. The teacher/staff evaluations are a key part of the applicant's overall score and help us choose who can best represent our team, school, and community. Your responses are completely confidential and will not be shown to the applicant. Please return your evaluation to Mrs. Gomez at Rancho Alamitos High School. You can submit through district mail or you can email it to kgomez@ggusd.us or you can fill out the Google Form version by **April 19, 2019**.

Google Form: <https://goo.gl/forms/Nb807yJudsFHdvck1>

Rank on a scale of 0-5 (5 being the highest)

5 - Ideal 4 - Good 3 - Average 2 - Needs Work 1 - Very Weak 0 - Unacceptable

Dependability:	5	4	3	2	1	0
Attitude:	5	4	3	2	1	0
Cooperation:	5	4	3	2	1	0
Courtesy:	5	4	3	2	1	0
Character:	5	4	3	2	1	0
Work Ethic:	5	4	3	2	1	0
Attendance:	5	4	3	2	1	0
Enthusiasm:	5	4	3	2	1	0

10 - definitely → 0 - not at all

Will this student be an asset to the RAHS Cheer Program as a role/model ambassador?

10 9 8 7 6 5 4 3 2 1 0

Comments: _____

Teacher's Signature: _____ Date: _____

RAHS Cheer Grade Check

ATTENTION STUDENTS: Completely fill out the information below and politely ask all of your current teachers to fill in your current grade, citizenship, work habits, and teacher signature. Return this Grade Check Form with your application to Mrs. Gomez at Rancho Alamitos High School by **April 19, 2019** at **3:00PM**.

Applicant's Name: _____ Student #: _____

Current School: _____ Current Grade:

Dear Teachers and Staff,

Thank you for taking the time to fill out the grade check form for one of our Rancho Cheer applicants. Please fill in the current grade, citizenship, and work habits for the applicant. If you have any concerns or would like to comment on the applicant, feel free to email Mrs. Gomez at kgomez@ggusd.us. Thanks again.

Period	Subject	Teacher Name (Print)	Grade	Cit.	WH	Teacher Signature
0						
1						
2						
3						
4						
5						
6						
7						