

2009-2010 Cerritos College TRYOUT PACKET Cheer & Song Team

TRYOUT DATES:

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
Monday, Mar 30 th	7:00-7:45 p.m.	Information Meeting	Falcon Stadium
	7:45-10:00 p.m.	Tryout Clinic	Falcon Stadium
Tuesday, Mar 31 st	7:00-7:30 p.m.	Packet due	Falcon Stadium
	7:30-10:00 p.m.	Tryout Clinic	Falcon Stadium
Wednesday, Apr 1 st	7:00-10:00 p.m.	Tryout Clinic	Falcon Stadium
Thursday, Apr 2 nd	7:00-10:00 p.m.	Tryout Material Review	Falcon Stadium
Friday, Apr 3 rd	7:00-10:00 p.m.	Tryouts	Falcon Stadium
Monday, April 6 th	3:00 p.m.	Posting for Call Backs	Spirit Squad Website

TABLE OF CONTENTS

Cheer Team Description	2-3
Tryout Safety Requirements	4
Application and Questionnaire	5
Tryout Waiver Form	6
Application Checklist	7
Frequently Asked Questions	8

It is important that you read and fully understand the enclosed information. Give serious thought to the level of commitment you must make if you are chosen to be a part of this program.
If you have any questions or concerns, please do not hesitate to call the
Advisor/Head Coach James "Chip" Austin at (562)884-1366.

Thank you for your interest and GOOD LUCK!

FOOTBALL CHEER TEAM

FOOTBALL CHEER TEAM

This team consists of up to 30 men and women who cheer for football, with an opportunity to travel to all away football games and or bowl games. They may also perform at a variety of off-campus appearances and participate in all Spirit Squad Fundraisers. These cheerleaders are committed to training for local and national competitions, including UCA or USA nationals. This team has a year-round time commitment. The spring and summer commitment is as follows:

Practice Schedule

Summer (All dates below are tentative, exact dates TBA)

Summer Retreat	TBD (3 Days)
Camp	– exact dates TBD
Fall Report Date	TBD
Two-Week Practices	TBD
Regular Season Begins	TBD

School Year Practice Schedule

Monday & Wednesday	7:00-10:00 p.m.
Sundays	7:00-10:00p.m. (fall semester only)

Special Events/Apearances

- Each Spirit Squad member is required to attend additional Athletic Department appearances.
- When we are preparing for a National Competition, there will be additional practices including “two-a-days” during college breaks.
- If the team decides on extra attire- from sports bras and team sweatshirts you will be responsible for payment.
- Our activities do not stop during school breaks.

Expenses: *(team members are able to keep whatever items they are required to purchase)*

- **Uniforms, poms, megaphones, etc. \$600.00. This amount is due at the first team meeting or a payment arrangement of \$200.00 for three months. All monies is due by first day of Fall Session on TBD**
- **College Camp will be additional and a minimum of 12 to 15 students**
- **In the event you choose not to honor your commitment and finish the season or you are dismissed from the program, you will be required to finish your payment obligations. If not your transcripts can be held!!!!**

BASKETBALL CHEER TEAM

BASKETBALL CHEER TEAM

This team is a continuation of the Football Cheer Team and may consist of up to 30 female and male cheerleaders who cheer for Men's & Woman's basketball games. The basketball team has the opportunity to travel to away basketball contest. The basketball cheer team season is from December-March. (Note: Game days are Wednesday and Friday.)

PRACTICE SCHEDULE SPRING SEMESTER

Monday-Wednesday	7:00-10:00 p.m. (2 Days)
Basketball Cheer week	– exact dates TBD
Regular Season Begins	TBD

SCHOOL YEAR PRACTICE SCHEDULE

Fall Semester	TBD
Spring Semester	TBD

SPECIAL EVENTS/APPEARANCES

- Each Spirit Squad member is required to attend additional Athletic Department appearances.
- When we are preparing for a National Competition, there will be additional practices including “two-a-days” during College breaks.
- Our activities do not stop during the Holiday seasons or Spring Break.

Expenses: *(team members are able to keep whatever items they are required to purchase)*

- **If the team decides on extra attire- from sports bras and team sweatshirts you will be responsible for payment.**

TRYOUT SAFETY REQUIREMENTS

ELIGIBILITY:

Spring tryouts are open to individuals who have been enrolled or plain on attending Cerritos College, Summer Semester 2009. All participants must have graduated or will graduate high school in this year. Incoming students must bring a copy of their letter of acceptance on the first day of tryouts. Current Cerritos students must bring a copy of their summer 2009 class schedule; high school student must bring a most recent grade report.

TRYOUT PROCESS:

Throughout the clinic and the final tryout you will be observed by the Cerritos cheer coach as well as a selection committee. There will be a pre-tryout cut at any time during the clinics. At the final tryout you will be asked to individually perform specific skills. The final decisions are made by the coach and a Tryout Selection Committee.

SKILLS:

You will be asked to execute the skills listed below for tryouts. **If you haven't mastered all skills, do not be discouraged. It does not mean you cannot make a team.** We are not necessarily looking for perfection at this time, but we do want you to concentrate and perfect the skills that play to your strengths. In addition to the skills listed, you will be observed throughout the clinics on your attitude, ability to learn and make changes, enthusiasm, projection and overall performance. We will be looking for current and potential skills to become a collegiate cheerleader. (*NOTE: requirements are subject to change; you will be informed of any changes at the first day of clinics.*)

TRYOUT MATERIAL AND REQUIREMENTS:

- Interview
- A Sideline Cheer
- Jumps: toe touch, pike
- Co-ed Partner Stunts:
 - Toss (i.e. toss chair, heel stretch)
- All-Girl Partner Stunts:
 - Elite partner stunt sequence including a Liberty and a Heel Stretch with a full down or double full down.
 - Single-base stunt (i.e. toss chair, extension, lib, stretch)

If you have tumbling experience, below you will find the skills that we are looking for:

- Tumbling:
 - Standing: Handspring, Tuck, Handspring Tuck
 - Pass: Round-off followed by three consecutive skills
 - Toe Touch BHS
 - Toe Touch Tuck
 - Pike tuck

2009-2010 SPIRIT SQUAD APPLICATION

Please attach
current photo

PERSONAL INFORMATION:

Name: _____
(First) (Last) (Middle)

Cell Phone: _____ Email address: _____

Parents Name(s): _____
(First) (Last) / (First) (Last)

Parent # 1 Address: _____
(Street)

Parent #1 Phone: _____
(City) (State) (Zip Code)

Parent # 2 Name: _____
(If different from above) (First) (Last)

Parent # 2 Address: _____
(If different from above) (Street)

Parent #2 Phone: _____
(City) (State) (Zip Code)

SCHOOL INFORMATION

Year in College for the 2009-2010 School year:
Fr So Jr Sr 5th Year Major: _____

Cerritos College ID Number: _____ Date of Birth: _____

In reviewing the spring and summer time commitment, will you have any conflicts over the summer? If so, please explain. _____

Are you currently employed? _____ If yes, where? _____

Will you be working while you are in school? _____

If yes, how many hours per week? _____

Will you be here during January Term? Yes / No (because all competitions take place in February & March, you must be here for January Term in order to participate in the competitions and to be on the football team)

INJURY WAIVER FORM

2009 CERRITOS COLLEGE

SPIRIT SQUAD TRYOUTS

March 30th-April 3rd

RELEASE OF LIABILITY, ASSUMPTION OF RISKS AND AGREEMENT TO PAY CLAIMS (ATHLETIC AND RECREATIONAL FACILITIES AND EQUIPMENT)

RELEASE OF LIABILITY

In return of being allowed to participate in the Cerritos College Cheerleading tryout and program and use the College's athletic and recreational facilities and equipment ("facilities"), I release from liability and agree not to sue the Cerritos College and their employees, officers, volunteers and agents for any claim, including negligence, for any personal or bodily injury, including death, or property damages I may suffer due to participation in the cheerleading program or use of the college's facilities.

I understand I am releasing the College, the Trustees of the College and their respective employees, officers, volunteers and agents from all liability for any injury, death or property damage caused by their negligence or otherwise.

ASSUMPTION OF RISK

I am voluntarily participating in the tryouts and using the College's facilities. I am aware of the risks associated with this use and participation, risks that may at times result in personal or bodily injury, including death, or property damage. I acknowledge that these risks include negligent emergency or medical care. Nonetheless, I assume all risks, whether known or unknown to me, of participating in the tryout and cheerleading program using the College's facilities, including negligence.

I understand that I can stop participating in the tryout or using the facilities at any time and that the College may terminate this permission at any time. I agree to use the facilities in a safely manner and only at such times as are prescribed by the College.

AGREEMENT TO PAY CLAIMS

I agree to pay any award, cost or settlement demanded from or by the Cerritos College, the Trustees of the College and their employees, officers, volunteers and agents as a result of any claim arising out of my participation in the tryout or cheerleading program of the use of the facilities.

AGREEMENT TO PAY MEDICAL EXPENSES

I am in good health. If I need medical treatment and my emergency contact cannot be reached, I agree to any treatment deemed advisable by any licensed emergency or medial personnel and to be financially responsible for any costs incurred as a result of such treatment. I am aware that the College does not provide health insurance, and that I must carry my own health insurance.

ACKNOWLEDGEMENT OF UNDERSTANDING

I am 18 years old or older. I have read this document, and I am signing it freely. I understand the legal consequences of signing this document, including my (a) release of al liability, (b) waiver of my right to sue and (c) assumption of all risks of participating in the tryout and cheerleading program and using the College's facilities. No oral promises have been made to me to sign this document.

I understand that this document has been written to be as broad and inclusive as legally permitted. I agree this if any portion is held invalid or unenforceable; I will continue to be bound by remaining terms.

Name: _____ Birth Date: _____

Signature: _____ Date: _____

Parent of Guardian Signature: _____ Date: _____

(Required if participant is under 18 years of age)

APPLICATION CHECKLIST

The following is a checklist to help ensure you are prepared for tryouts. Please follow these instructions carefully and bring your completed packet/application with you to tryouts. **You will not be able to tryout with incomplete forms and/or any missing information.**

1. Application and Picture
 - a. All Applicants must complete.
 - b. Please attach a current photo.

2. Waiver Form
 - a. All Applicants must complete and sign the attached Waiver Form – no substitutions.
 - b. If you are under the age of 18, you must have a guardian's signature.

3. Front and Back copy of your insurance card

4. Coach's Recommendation Form
 - a. Completed and in a sealed envelope

5. Summer 2009 schedules (current Cerritos students only) High School Seniors Grade Report.
 - a. Include organization meeting times and work times that have already been preset

6. Signed Expectation Sheet

Tryout Frequently Asked Questions

Do I need to come prepared with my own material, or will I learn everything at tryouts?

No. Cheerleaders will learn all the material at the mandatory clinics. Material includes: 3 sideline/chants, fight song and stunts.

How should I dress?

Regular work-out apparel as appropriate (gym shorts, tank top or t-shirt, tennis shoes (wear appropriate shoes for stunting. No converse) Remember, first impressions count!

What do I need to bring?

The tryout clinic is fairly long, so bring anything you might need to stay energized and engaged in the tryout. Some suggestions: water, snacks and a towel. Don't forget to bring this application and medical waiver!

Do I need tumbling experience?

Tumbling experience is not required. However, you can receive extra points for tumbling for your final tryout score.

Do I need stunting experience?

The Cerritos College Cheer team will be a stunting squad. Experience is not necessary, but will be beneficial. Stunting will be asked as a category in the tryout process.

How many will be chosen for the team?

Our goal is to have as many talented cheerleaders possible. The Cerritos Cheer team is about promoting school spirit! We have a goal of at least 30 Cheerleaders Men and Woman.

When will I find out if I have made the team?

After the last group has completed their tryout, the tryout scores will be added up. The top scores will determine the new additions for the Cerritos Cheer Squad. New squad members will be announced on our athletic website under Pep Squad on April 6th after 3:00p.m.

What is the cost of uniforms?

Uniform consist of Motion Flex Liner, Skirt, Briefs, Poms, Shoes, Shirt, Shorts, Warm up Jacket, Pants and cheerleading bag. Uniform fittings will be announced. Payment will be required the day of fitting. Cash, check, money order paid to Cerritos College (memo: pep squad.) Uniform purchase is the responsibility of the cheerleader. College will place a hold on your record for any unpaid bill as well as forfeit your position on the squad. Uniforms will be broken down into payments. This will be covered at the Mandatory Informative Meeting on April 6th at 7:00p.m... Approximate cost for females is \$600, males \$400.

Will Cerritos Cheer be a competitive squad and will they go to cheer camp?

The team's main focus is to promote school spirit. However, the Cerritos Cheer Squad may compete at local cheerleading competitions in the future of 2010. Competition fees will be fundraised by the team; any additional costs will be the responsibility of the cheerleader. The Cerritos cheerleading squad will be attending USA and or UCA Cheerleading Camp. Those who try out for the cheer squad will attend cheer camp the summer of 2009.

GOOD LUCK & NO JEWELRY!

Any additional questions, contact Cerritoscollegepepsquad@Gmail.com