

2011-2012 Cerritos College Pep Squad TRYOUT PACKET

TRYOUT DATES:

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
Thursday, May 12 th	6:30-7:45 pm	Registration \$20 Fee	Norwalk High
	7:45-10:00 pm	Workshop	Norwalk High
Friday, May 13 th	6:30- 10:00 pm	Workshop	Norwalk High
Saturday, May 14 th	6:30pm- Completed	Tryout	Norwalk High

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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
Director/Head Coach James “Chip” Austin at (562) 884-1366 Cerritoscollegepepsquad@gmail.com

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, NCA 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 pm
Sundays	7:00-10:00pm (Fall semester only)

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.
- 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, Bows, Megaphones, etc. \$600.00 +. This amount is paid throughout the summer, with a first payment due at the team’s first meeting. The entire amount must be paid off by the first day of the Fall Semester. Payment arrangements will be made if you are selected to be on the team.**
- **College Camp will be an additional fee. Estimated cost is \$ 300.00 - \$350.00**
- **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.**
- **In the event of the team not receiving uniform items, you will be reimbursed in February 2012 if athlete is paid in full. (example, Warm-ups & Bags) We order as a group to minimize cost.**
- **Shoes are provided and paid for by Cerritos College.**

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 pm (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 plan on attending Cerritos College. All participants must have graduated or will graduate high school this year. Incoming students must bring a copy of their letter of acceptance to Cerritos College on the first day of tryouts. Current Cerritos students must bring a copy of their summer 2011 class schedule; high school student must bring a most recent grade report. **Remember you must have 6 to 12 units to be on the Squads. (9 units for competition team) Priority registration MAY be available for fulltime students...**

TRYOUT PROCESS:

Throughout the clinic and the final tryout you will be observed by the Cerritos Cheer coaches 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 coaches and a Tryout Selection Committee. We keep in mind of safety and conditioning aspects at all times. *(The look of a Pep Squad member represents our school spirit.)*

SKILLS:

You will be asked to execute the skills listed below for tryouts. **If you haven't mastered all skills, do not be discouraged.** 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 clinic 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. **Also if you do not perform with safety as a priority you will be asked to leave at any part of the workshop or if considered for the team.**)*

TRYOUT MATERIAL AND REQUIREMENTS:

- Interview and collection of \$20 tryout fee
- A Sideline Cheer
- Jumps: toe touch, pike
- Co-ed Partner Stunts:
 - Toss (i.e. toss hands, heel stretch full down, awesomes)
- 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)

Tumbling experience, below you will find the skills that we are looking for:

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

2011-2012 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)

(City) (State) (Zip Code)

Parent #1 Phone: _____

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

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

(City) (State) (Zip Code)

Parent #2 Phone: _____

SCHOOL INFORMATION

Year in College for the 2011-2012 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-March? Yes / No (because all competitions take place during that time, you must be enrolled for Spring Term in order to participate in at competitions and to be on the football/basketball team)

INJURY WAIVER FORM

2011-2012 CERRITOS COLLEGE

SPIRIT SQUAD TRYOUTS

May 12th – 14th 2011

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)

**CERRITOS SPIRIT
EMERGENCY MEDICAL RELEASE**

Athletes Name: _____

Address: _____ E-mail: _____

City/State/Zip: _____ Parent Name(s): _____

Home Telephone (____) _____ Cell Phone (____) _____

Mother's name _____ Day Phone (____) _____ Cell (____) _____

Father's name _____ Day Phone (____) _____ Cell (____) _____

(Emergency Ph.) If parent could not be reached, please contact _____ Phone (____) _____

Health Insurance Company: _____ Policy Number: _____

Family Doctor: _____ Doctors Number: (____) _____

Have you had any serious illness, surgery, or injury? If yes, please describe and give date(s):

Do you have any medical problems or allergies that may interfere with the participation in the Rockstar Athletics Gym?
If so, please list _____

Do you have medication for this, with you? If yes, please describe _____

Age (As Of August 31, 2010): _____ Date Of Birth: _____ School Grade: _____

Medical Treatment Authorization and Liability/Appearance release

I understand that there are risks of physical injury (including but not limited to cuts, sprains, broken bones and/or catastrophic injury) associated with, arising out of and inherent to the activity taking place at the Cerritos Spirit cheer gyms & facilities. In recognition of this acknowledged risk of injury, I knowingly and voluntarily waive all rights and/or causes of action of any kind, including any and all claims of negligence, arising as a result of such activity from which liability could accrue to Cerritos Spirit, its officers, employees, instructors, subsidiaries, parent corporations and all affiliated entities (hereinafter collectively referred to as "Cerritos Spirit. Straightcheer inc.")

I hereby agree to release Cerritos Spirit and hold Cerritos Spirit harmless of all liability, and hereby acknowledge that I knowingly and voluntarily assume full responsibility for all risks of physical injury arising out of active participation in the Cerritos Spirit cheer gym on behalf of the participant. I am aware that this is a release of liability and acknowledgement of my voluntary and knowing assumption of risk of injury. I have signed this document voluntarily and of my own free will in exchange for the privilege of participation.

If I am a minor, my parent and/or legal guardian has signed this document releasing Cerritos Spirit from any and all such liability described above and has acknowledged that I am knowingly and voluntarily assuming all risk of injury inherent to this activity/participation.

The above names student has my permission to attend/participate in the Cerritos Spirit cheer gym. I warrant the above information is complete and correct. I have completely read and understand the above release information. I hereby authorize the event director or their agent to act in my behalf to provide emergency medical treatment. I further release Cerritos Spirit of all liabilities associated with my child's attendance and any participation/activity in the Cerritos Spirit cheer gym.

Parent/Guardian Signature

Date

Participant Signature

Date

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 Forms – 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 2011 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 clinic. Material includes up to 3 sideline/chants, fight song and stunts.

How should I dress?

Regular work-out apparel as appropriate (gym shorts, tank top, sports bras 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 but is preferred. However, you can receive extra points for tumbling for your final tryout score and to be placed on our competition team.

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?

How you find out and when will be announced at Try-outs.

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 (Uniform Company) (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. Your bill will be broken down into payments but not you're uniform. This will be covered at the Mandatory Informative Meeting after the team has been chosen...

Approximate total cost for females is \$600+, males \$500+. *Cheer Camp is extra...*

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 2011. Competition fees will be fundraised by the team; any additional costs will be the responsibility of the cheerleader. The Cerritos Cheer Squad will be attending USA, NCA and or UCA Cheerleading Camp. Those who try out for the cheer squad will attend cheer camp the summer of 2011.

GOOD LUCK & NO JEWELRY!

Any additional questions, contact Cerritoscollegepepsquad@Gmail.com