

2019-2020 Capital High School Cheer Tryout Packet



Welcome Cheerleading Candidates and Parents/Guardians:

Thank you for your interest in auditioning for the 2019-2020 Capital High School Spirit Squad. This packet contains all information needed to participate in tryouts and what it will look like to be a member of this program.

Being a CHS cheerleader can be a truly rewarding experience, but it also requires a tremendous time commitment. You must be willing to practice on your own time to perfect your skills. You **MUST** be able to work well with other and you **MUST** be able to manage your time wisely! Please be aware of this as you prepare to take on the challenges and responsibility of becoming a Capital High School Spirit Squad member.

Cheerleaders will attend games, events, practices, competitions and other activities determined to be mandatory. Social plans, job schedules, and medical appointments must be made around these events and will not be considered allowable excuses for non-attendance. A calendar of events will be available at all times online with each **mandatory** event so schedules can be adjusted well ahead of time.

As a member of the squad you can look forward to the opportunity for personal growth, leadership development, and involvement in a variety of activities as you represent Capital High School. Your attitude, dedication, and enthusiasm are vital to the success of our program. You are one of the first things people see when attending games and events. Your conduct is important. You are a leader of the school, as such; you must obey all school rules and show exemplary conduct in all you do. Please discuss these qualifications and understand your responsibilities prior to tryouts.

All try out paperwork, teacher recommendations, and transcripts are due by Thursday, May 2nd, in order for you to be eligible to try out. Please give your completed packet to Coach Sarah Tueller (CHS Main Office) at CHS, Coach Paige Samoza at Riverglen or Jessica Clark at Fairmont.

Team sizes will not be determined until tryout day, after reviewing the scores and teacher recommendations of each candidate.

The tryout process is used to evaluate current skills and abilities. Please understand this is not a time to throw new skills or sacrifice safety to get a higher score.

Cheerfully,
Coach Sarah Tueller and Coach Rikki Watkins

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CHS Spirit Squad Audition Schedule

Wednesday 5/1/2019	4:30-5:00pm 5:00 pm 8:00 pm	Check-in Main Gym Warm Up and begin learning material Dismissed
Thursday 5/2/2019	5:00 pm 8:00 pm	Work on tryout material Dismissed
Friday 5/3/2019	5:00 pm 6:00 pm	Review All Material Mock Tryout
Saturday 5/4/2019	8:00 am - 12:00 pm	Auditions Candidates may NOT leave until dismissed. Ending time is approximate and will depend on any call-backs or interviews.

THIS IS A CLOSED TRYOUT. NO PARENTS OR SPECTATORS WILL BE ALLOWED IN THE GYM.

If you earn a spot on the team, please be prepared to attend a team meeting on Tuesday, May 14, 2019 at 6:30pm. This will be a chance for teams to celebrate together, go over expectations and answer any questions you may have.

Please bring a payment of \$250.00 – this will be a REQUIRED deposit for cheer camp and gear.

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Cheerleading Online Forms

Application: <https://tinyurl.com/spiritsquad18>

Teacher recommendation form: [http search ://tinyurl.com/eaglespirit18](http://search://tinyurl.com/eaglespirit18)

Tryout application and online teacher recommendation form are also located on the CHS Cheer Webpage. <https://tinyurl.com/capitaleaglecheer>

Or REGISTER ONLINE via CHS Boise School Websites: CHS ATHLETICS/ CHEER

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Spirit Squad Overview/Responsibilities

Should I tryout for Cheer?

This decision is up to you. All coaches are invested in the entire Spirit Squad program and are happy to have you on either team.

Cheer teams practice from
3-4 Times per week (exact times and days are still being determined).

Varsity Cheer is considered Varsity level activities through the ISHAA. These teams will earn the spirit squad member a varsity letter.

The Junior Varsity Cheer Team:

- Travels to Summer Retreat (Dates TBD)
- Cheers on the sideline at all **home and designated away**, Capital Junior Varsity Football Games
- Cheers on the sideline at all **home** Capital Varsity Football Games
- Cheers on the sideline at all **home** Boys and Girls Junior Varsity Basketball Games and selected tournament games in the Boise and West Ada School District only.
- Performs at Capital High Homecoming and Winter assemblies
- Competes at local competitions as decided by coaches
- Competes in the divisions of pom cheer, sideline and show cheer if selected by coaches to participate in these routines
- Focus is on cheer motions, cheer jumps, stunting and tumbling but does include opportunity to dance with Golden Girls in the competition pom routine and sideline routines for games and assemblies

The Varsity Cheer Team:

- Travels to Summer Retreat (Dates TBD) and attend UCA Cheer Camp
- Cheers on the sideline at all home and away Capital Varsity Football Games
- Cheers on the sideline at all home Boys and Girls Varsity Basketball Games and selected away games in the Boise and West Ada School District only.
- Performs at all Capital High School assemblies
- Competes at local and statewide competitions as decided by coaches
- Competes at District competition in the divisions of pom cheer, sideline and show cheer
- Opportunity to compete as a stunt group
- Focus is on cheer motions, cheer jumps, stunting and tumbling but does include some opportunity to dance with Golden Girls in the competition pom routine and sideline routines for games and assemblies

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What will the year look like?

***Fundraisers throughout the year are all mandatory**

No vacations will be allowed January-March for either team. This time is crucial as we are preparing for competitions

May

- May 23rd Graduation (returners only) - help welcome families and pass out programs

June

- June 1st - Capitol Classic - Kid's Race 9:00-11:00 am - Boise Train Depot
- Practice (TBD)

July

- Summer practices
- mandatory summer retreat (TBD)
- optional tumbling classes
- Fundraisers -TBD

August:

- School registration
- Practice - 2 A-Days - TBD
- Football season begins
- Fundraisers

September Football season

October: Football season, Homecoming activities/ Buddy Walk

November: Girls Basketball

December: Girls Basketball, Boys Basketball, JAMZ competition (Boise), Kids Camp Fundraiser

January: Girls Basketball, Boys Basketball, Local Competition Season

February: Girls Basketball, Boys Basketball, Local Competition Season

March: Boys Basketball, State Competition

April/May: Spring Show, Banquet, Junior High Recruitment, Tryouts



Spirit Squad Expectations

1. Attendance - counts towards Leadership Grade

- 3 sick days are allowed each semester. These sick days are considered “strike free”.
- After the 3rd missed event (practice, game, etc.) without pre arranged absence or communication from the spirit squad member or parent, the spirit squad member will be asked to sit out at the next game on the calendar.
- For excessive absences the spirit squad member may be removed from the team.
- Spirit squad members must be at 2 consecutive practices prior to the next event in order to be eligible to perform. If a squad member misses “Game Day” practice, they will not be eligible to perform.
- Spirit Squad members must attend FIVE class periods the day of any event (BSD Athletics High School Handbook, IV-1-C), if the event is on a Saturday, member must attend required class periods on the previous Friday.

2. Tardy Policy

- Strikes will be issued if a spirit squad member is late to **any event/ practice**. There is no “grace” period. Practice starts when it starts. If you are not ready to go at the time that practice starts, you are considered tardy.
- A Tardy results in minus 1 point

3. Cell Phone Policy

- Cell phones are NOT allowed at practice, games (unless at excused break) or during performance events. Cell phone MUST remain in Spirit Squad members backpack or locker.
 - i. Practice - 1 point will be taken away from daily grade if a Spirit Squad member is asked to put away their cell phone.
 - ii. Game - Benched for the remainder of the quarter if asked to put away cell phone.
 - iii. Performance - Spirit squad member will be benched for pregame and the 1st quarter of the next game if asked to put away their cell phone.

4. Grade Policy

- Every other Monday a grade report will be printed by the athletic director, from the current grades reported in Infinite Campus. If a Spirit Squad member has an F, they have until Friday of that week to bring it up to passing (D) or they will be ineligible to participate.
- Any Spirit Squad member with an F will be required to attend lunch time study hall and benched from practice until the F has improved.
 - i. This involves using practice time to make up missing work or to retake a test if possible.

Head Cheer Coach and Varsity Coach - Sarah Tueller capitalcheercoach@gmail.com

Coach Rikki Watkins - coachrikkis@gmail.com

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5. Uniform Policy

- **Practice** - 1 point will be taken away from daily grade if a Spirit Squad member forgets required parts of the uniform/attire. This includes poms, shoes, etc. Additionally, this includes required footwear and attire for practice as well.
- **Game** - Benched for pregame and 1st quarter - if a Spirit Squad member forgets required parts of the uniform/attire. This includes poms, shoes, etc. Additionally, this includes required footwear and attire for practice as well.
- **Performance** - Leadership grade will be dropped one full letter grade - if a Spirit Squad member forgets required parts of the uniform/attire. This includes poms, shoes, etc. Additionally, this includes required footwear and attire for practice as well.

6. Social Media Policy

- Spirit squad members are expected to maintain an appropriate social media presence that positively represents themselves. See social media contract for specifics about social media behavior.

7. Attitude Policy (Given by Coach)

- 1 point will be taken away from daily grade by Coach for bad attitude. Example behaviors like eye rolling, back talk, excuses, disrespect, profanity, inability to appropriately take criticism, name calling, blaming others, etc.

8. Attitude Policy (Give by Teachers)

- 1 point will be taken away from daily grade if a teacher/ administrator reports any behaviors like inappropriate cell phone use, back talk, disrespectful behavior, not listening, inappropriate interactions with other students, etc.

9. Code of Conduct and Major Disciplinary Violations (Tryout Packet pages 8 & 9)

- Understand and agree to follow

I, _____ and my parent _____, understand and agree to abide by the Capital High School Spirit Squad Expectations.

Spirit Squad Applicant

Date

Parent

Date

Head Cheer Coach and Varsity Coach - Sarah Tueller capitalcheercoach@gmail.com
Coach Rikki Watkins - coachrikkis@gmail.com

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BSD Code of Conduct

BOISE SCHOOL DISTRICT CO-CURRICULAR AND EXTRACURRICULAR PHILOSOPHY

Education in the Boise School District has multiple responsibilities. The challenge is to meet as effectively as possible the needs and interests of all its pupils. The extracurricular and cocurricular programs are designed to enrich the educational experience and have the potential of contributing to the total development of each student in several ways.

A. Participation in co-curricular and extracurricular activities provides experiences through which pupils learn social values. Co-curricular and extracurricular assemblies serve to teach students to act favorably in large groups. Knowledge of the activity, interpretation of rules, courtesy, school morale, respect for property, and many other values are stressed as desirable social outcomes.

B. Co-curricular and extracurricular activities are conducted and regulated as other enterprises in society. These activities operate within a set of rules. Co-curricular and extracurricular activities offer the opportunity for parents, students, and other citizens of the community to mingle together with a common bond.

C. Co-curricular and extracurricular competitions provide situations requiring skilled performance, respect for opponents, and acceptance of results determined by officials, according to rules. Experiences related to planning, organizing, adjusting and completion of tasks occur continually and are immediate in effect.

The co-curricular and extracurricular philosophy of the Boise School District is two-fold. First, to offer a program in which interested co-curricular and extracurricular student participants can try-out and work toward improving their skills and secondly, to provide a setting which encourages team members to use their skills in competition with others. The number of participants will be determined by skill level, availability of facilities, and qualified coaches. Further, the purpose of co-curricular and extracurricular activities in the Boise School District is to help each participant:

- develop their potential to the maximum.
- build strong character traits including a respect for the rights of others.
- develop the understanding, skills, habits, and attitudes necessary for full enjoyment and appreciation of life.
- use of critical thinking and good judgment in teaching decisions.
- be open-minded and want to continue to learn.
- act upon an understanding of and loyalty toward our American democratic ideals.
- form good work habits and pride in careful workmanship.
- understand and follow good health and safety practices.
- expand and assist in the development of a philosophy of life.
- develop a sense of values.
- gain an appreciation of cultural and social diversity.

If selected, members will be required to sign this Code of Conduct **PRIOR** to participation in first scheduled practice.

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Major Disciplinary Violations

In most circumstances, the following shall govern discipline for major disciplinary violations. However, principals or designees have, within their discretion, the authority to vary from this policy.

1. First Violation. The principal or designee will hold a conference with the student. The student's parent/guardian will be notified in writing of the major disciplinary violation and a conference with the parent/guardian may be arranged. Discipline may involve up to and including suspension and/or expulsion.

2. Second Violation. The principal or designee will hold a conference with the student. The principal or designee will notify the student's parent/guardian in writing of the disciplinary violation and will attempt to arrange a conference with the parent/guardian and the student. Discipline may involve up to and including suspension and/or expulsion.

3. Third and Subsequent Violations. The principal or designee will hold a conference with the student's parent/guardian. If a student has committed three violations during a single semester, or four violations in the three years of junior high or senior high, extended suspension or expulsion proceedings shall be considered. Repeated major disciplinary violations at the elementary level may be grounds for consideration of an extended suspension or expulsion.

The Board delegates to the Superintendent the responsibility of determining if a student is a habitual truant. The Superintendent or designee shall notify the prosecuting attorney's office according to Idaho Code 33-205 and 33-206. Definition of Major Disciplinary Violations Depending on the gravity of the infraction, the following, when occurring on any school premises or at any school-sponsored activity, regardless of location, may be considered examples of major disciplinary violations.

1. Truancies
2. Insubordination toward or non-compliance with a District official's direction
3. Unauthorized entry, theft, or vandalizing of school campuses or property of school employees, students, or visitors
4. Verbal, written or physical abuse (e.g. hazing, fighting, threats, bullying) of other students, school employees, or visitors
5. Harassment or intimidation of others (e.g. physical characteristics, actual or perceived sexual orientation/gender identity, national origin, etc.)
6. Drug, alcohol or tobacco use
7. Bringing a weapon or an explosive device on a school campus
8. Inappropriate technology use
9. Making bomb threats or activating the school fire alarm without appropriate cause
10. Refusal of students to identify themselves to school personnel upon request
11. Unsafe driving
12. Involvement with gangs and hate groups

Independent School District of Boise City, Idaho - Policies and Procedures

Head Cheer Coach and Varsity Coach - Sarah Tueller capitalcheercoach@gmail.com
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Cheer Tryout Agreement

Please initial by each statement acknowledging that you are aware and agree with the statement.

_____ I understand that the judges' decision is FINAL and cannot be disputed or challenged.

_____ I understand that all required paperwork must be turned in by the due date in order to be eligible to try out.

- Online Application - Submitted _____(date)
- Teacher Recommendations given to teachers AT LEAST 4 CORE COURSES (ex. Math, English, History, etc.)
- Current Transcript
- Signed Squad Expectations
- Signes Tryout Agreement

_____ In the event that I am a former member of the team, I understand that my previous involvement on the Capital High Spirit Squad does not guarantee me a spot on next year's team.

_____ I understand that I may make the team under certain conditions (behavior contract, alternate, etc).

_____ I understand that making the team does not guarantee me a spot in every routine for competition season, but rather the opportunity to perform for sporting events and the possibility to compete.

_____ I understand that the judging process is subjective and that not every person who tries out will make the team.

_____ I understand that there are more people trying out than there are spots open on either team.

_____ If I do not make the team, I will not speak poorly of the coaches, advisor, or spirit squad members who did make the team. If I do choose to speak poorly of any of these people or the tryout process, especially on social media, it will impact my ability to try out again in future years.

_____ I have read through these statements with my parents and my parents agree to also abide by these rules.

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_____ In the event that I am a former member of either the cheer and have not paid my dues **IN FULL** from last year, I will not be eligible to tryout for next year's team until they are paid.

_____ I understand that the score sheets from the judges and the recommendations from teachers are confidential and under no circumstance will be shared with parents.

_____ I understand that all emails inquiring about the results or outcome of tryouts will not be responded to for at least 48 hours after the results have been posted.

_____ I understand that if I make the team I may not participate in any non-school sport related to cheer (BSD Policy (BSD Athletics High School Handbook, IV-1-H)

I, _____, and my parent _____, understand and agree to abide by the Capital High School Spirit Squad Tryout Process.

Spirit Squad Member

Date

Spirit Squad Parent

Date



Spirit Squad Teacher Recommendation Forms

Please detach this paper and cut out the three teacher recommendation form tickets. Fill out the tickets and give the tickets to **four** of your **core** content teachers (no elective teachers). Follow up with each teacher prior to tryouts to make sure they have submitted your recommendation form before Thursday, May 2nd.

Capital Spirit Squad: Teacher Recommendation Form

Student Name: _____

Which team are you trying out for? _____

Please go to the following URL to access the teacher recommendation form:

<https://tinyurl.com/eaglespirit18>

All recommendations are due NO LATER than Thursday, May 2nd.

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