JSerra Catholic High School

Pep Squad Try Out Packet

2017-2018

Dear Parents,

Your daughter has expressed an interest in trying out for the JSerra Catholic High School Pep Squad for the 2017-2018 school year. This is a **year-long** commitment beginning with try-outs and ending in the following April 2018. You need to make sure that you are aware of what this commitment will entail. There are certain obligations in which your child **must** meet in order to qualify and remain a member in good standing.

The athlete will be required to:

1) Attend all practices.
2) Maintain a 2.0 GPA
3) Be at all designated sporting, school and community events.
4) Uphold the Pep Squad Constitution *on and off campus*.
5) Respect the coaches and all decisions they make.
6) Uphold and adhere to all rules and requirements of the Pep Squad Constitution at all times.

Please read **ALL** of the attached information and tryout procedures with your child. It is important that you review ALL of these items with your child carefully, before printing and signing the Consent Form and Constitution Form as to understand ALL OF THE OBLIGATIONS and RESPONSIBILITIES! Please also print out (5) Teacher Evaluations and giving them to your teachers and print (1) Administration Evaluation and give to your school administrator. **ALL PAPERWORK IS DUE Wednesday, May 10, 2017 by 3:00pm.**

The Pep Squad program is a wonderful way for your child to get involved at JSerra Catholic High School. Your daughter will have the opportunity to develop friendships, support our school and involve themselves in the best Cheer and Dance/Song program. We will also need the parents support in fundraising, cheering at the games, as well as being an active part of your athlete's program.

We are looking forward to another GREAT and SPIRITED year! If you have any questions, please contact the Pep Squad Advisor Stacy von der Linden at stacyvdl@hotmail.com.

CHEERS!
JSerra Pep Squad Coaching Staff

Brittany Scholl *Head Coach* *Varsity Coach*	Kylie Saunders *JV Cheer Coach*	Abby Server *Varsity Dance Coach*	Mandy Morgan *Choreographer*

Stacy von der Linden *Advisor*	Donna Vandenberg *Vice Principal of Student Life*

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INFORMATION SHEET

***Student Name:** _____ ***DOB:** _____/_____/_____

***Grade level during 2017-2018 School Year:**

☐ 9th Grade	☐ 10th Grade	☐ 11th Grade	☐ 12th Grade

***Home Phone:** _____ ***Student Cell Phone:** _____

***Student Email:** _____

***Home Address:** _____

***City:** _____ ***Zip:** _____

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

***Parent/Guardian Daytime Phone:** _____ ***Parent/Guardian Cell Phone:** _____

***Parent/Guardian Email:** _____ **(this is the email used for the results of tryouts)**

***Additional Parent/Guardian Email:** _____

***Home Address (If different from above):** _____

***City:** _____ ***Zip:** _____

I am trying out for (circle): **Varsity Cheer (grades 10, 11, 12)** **Varsity Dance (grades 10, 11, 12)****

Junior Varsity Cheer (grades 9, 10, 11) **Junior Varsity Dance (grades 9, 10, 11)****

Mascot (grades 9-12)

You can only try out for one position if "Varsity" is circled you will not be considered for JV and vice versa
****May only choose one...cheer, dance, mascot***
*****If we have enough dancers we will split JV and Varsity dance. If there are not enough people Varsity Dance will be grades 9-12.***

_____I am interested in the Competition Cheer Team (extra fees and practices required)
_____I am interested in the Competition Dance Team (extra fees and practices required)

On a separate piece of paper please answer the following questions:

What kind of experience do you have in regards to Cheer or Dance?
What past experiences has taught you a lesson or made you the person you are today?
Attached a small picture at the top of this sheet

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TEACHER RECOMMENDATION FORM (make your own copies)

Student's Name: _____ School (Current): _____

Current Teacher's Name (Please Print): _____ Subject: _____

Teacher recommendations for each interested *Pep Squad Participant* give an indication of the student's academic standing, motivation, leadership skills, attitude, and character. 30% of the student's *Final Score* will be determined by averaging the *Total Scores* from each teacher. The other 70% is determined by their performance on the day of tryouts. It is very important that our publicly visible students are those whom we are most proud to represent JSerra Catholic High School. Your recommendation will most certainly help in making this determination. These evaluations will not be shared with the student. They will remain confidential.

Please rate this student in the following areas on a 1-5 scale:

(5) Superior	(4) Above Average	(3) Average	(2) Needs Improvement	(1) Poor

Academic Performance ***Does this student complete and turn in homework and assignments regularly?***	**5**	**4**	**3**	**2**	**1**
Responsibility/Integrity/Leadership ***Is this student an effective role model for other students?***	**5**	**4**	**3**	**2**	**1**
Attendance ***Is this student always in class (5), absent occasionally (3), or frequently absent (1)?***	**5**	**4**	**3**	**2**	**1**
Do you enjoy teaching this student?	**5**	**4**	**3**	**2**	**1**
Work Ethic ***Does this student work hard?***	**5**	**4**	**3**	**2**	**1**
Attitude Toward Fellow Students ***Is this student helpful and kind both inside and outside of the classroom?***	**5**	**4**	**3**	**2**	**1**
Attitude Toward Authority ***Does this student follow directions easily?***	**5**	**4**	**3**	**2**	**1**
Overall Impression ***Should this student represent JSerra as a member of the Pep Squad?***	**5**	**4**	**3**	**2**	**1**

Total Points: _____

Comments: _____

Teacher Signature: _____

Teachers, please return completed form (in a sealed envelope with signature across the sealed lip to ensure confidentiality) to candidate no later than Wednesday, May 10, 2017

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CHEER TRYOUT PROCESS

PEP SQUAD INFORMATION MEETING – Monday, April 24, 2017 3:30-4:30pm

TRYOUT PAPER WORK DUE- NO LATER than Wed, May 10, 2017 3:00pm turn into the front office in building 1

Extra forms can be downloaded from the Pep Squad Website

- ✓ Place all completed paperwork in a provided manila envelope and label **"Pep Squad Tryout Packet**"
- ✓ Completed Information Sheet with Photo Attached (1 page)
- ✓ Parent Permission Form and Medical Release (1 page)
- ✓ 5 Completed and Signed Teacher Recommendation Forms (5 pages) – each in a sealed/signed envelope
- ✓ Signed Pep Squad Constitution Page (last page of the Constitution) (1 page)
- ✓ Photocopy of your most recent report card (1 page)
- ✓ Confirmation email print out confirming the Athletic Packet was completed (fill out on line) (1 page)
- ✓ Pre-Participation Physical Evaluation Form, signed by the doctor with doctor's office stamp (2 pages)
- ✓ Tryout Fee - $30.00 per day (covers cost of tryouts) – Make checks payable to JSerra Catholic High School

- JSerra candidates' names will be submitted to the Dean of Students for final approval prior to clinics. If there are disciplinary concerns, candidates will be contacted by the Vice Principal of Student Life prior to clinics and informed of their tryout status
- Incoming freshmen and transfer students' point of references may be contacted

TRYOUT CLINICS – Monday, May 15, 2017 and Tuesday, May 16, 2017 3:30-5:30pm JSerra Pavilion (gym)

- All approved candidates must attend the entire tryout clinic.
- Candidates will learn a sideline cheer and a dance. They will also perform a spirited entrance and 3 different jumps.
- All candidates must wear appropriate attire to the clinics. Please wear a **plain** white t-shirt, shorts and white shoes. Hair pulled back in a neat pony tail. No jewelry, spandex (ie: Nike Pros), spaghetti straps shirts or midriff baring shirts. Make up may be worn on tryout day. No colored nail polish (nude or French Manicure ok) points will be deducted for nail polish.
- Coaches will determine the order and tryout group size during clinics.

Cheer Requirements:

- Beginning tumbling required (round off). More points will be awarded for those who perform proficient skills during tryouts.
- Placement will be based on performance, sideline cheering, dance, tumbling and jumps.

TRYOUT DAY – Wednesday, May 17, 2017 3:30 JSerra Dance Room in Building 1

3:30 PM (Arrival Time/Check In) **4:00 PM (Tryout Begins)**

Tryout Attire:

Please wear a **plain** white t-shirt, shorts, and white shoes. Hair pulled back in a neat pony tail with a bow. No jewelry, spandex (ie: Nike Pros), no spaghetti straps shirts or midriff baring shirts. Make up may be worn on tryout day. No colored nail polish (nude or French Manicure ok) points will be deducted for nail polish.

2017 – 2018 PEP SQUAD TRYOUT RESULTS POSTED

- Check the JSerra Website after 2:00 PM May 18, 2017 for teams listed by tryout candidate's number
- Individual scores of any candidate will not be made available to the candidates or parents

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DANCE TEAM TRYOUT PROCESS

PEP SQUAD INFORMATION MEETING – Monday, April 24, 2017 3:30-4:30pm

TRYOUT PAPER WORK DUE- NO LATER than Wed, May 10, 2017 3:00pm turn into the Front Office in Building 1

Extra forms can be downloaded from the Pep Squad Website.

- ✓ Place all completed paperwork in a provided manila envelope and label **"Pep Squad Tryout Packet**"
- ✓ Completed Information Sheet with Photo Attached (1 page)
- ✓ Parent Permission Form and Medical Release (1 page)
- ✓ 5 Completed and Signed Teacher Recommendation Forms (5 pages) – each in a sealed/signed envelope
- ✓ Signed Pep Squad Constitution Page (last page of the Constitution) (1 page)
- ✓ Photocopy of your most recent report card (1 page)
- ✓ Confirmation email print out confirming the Athletic Packet was completed (fill out on line) (1 page)
- ✓ Pre-Participation Physical Evaluation Form, signed by the doctor with doctor's office stamp (2 pages)
- ✓ Tryout Fee - $30.00 total (covers cost of tryouts) – Make checks payable to JSerra Catholic High School

- JSerra candidates' names will be submitted to the Dean of Students for final approval prior to clinics If there are disciplinary concerns, candidates will be contacted by the Vice Principal of Student Life prior to clinics and informed of their tryout status
- Incoming freshmen and transfer students' point of references may be contacted

TRYOUT CLINICS – Monday, May 15, 2017 and May 16, 2017 3:30-5:30pm JSerra Pavilion (gym)

- All approved candidates must attend the entire tryout clinic
- Candidates will learn a sideline cheer and a dance
- Coaches will determine the order and tryout group size during clinics
- All candidates must wear appropriate attire to clinics. Please wear a plain white t-shirt, shorts and jazz shoes. Hair pulled back in a neat pony tail. No jewelry, spandex (ie: Nike Pros), spaghetti straps shirts or midriff baring shirts. Make up may be worn on tryout day. No colored nail polish (nude or French Manicure ok) points will be deducted for nail polish

Dance Requirements:

- Intermediate and advanced techniques
- Try out material will consist of: across the floor combo, sideline dance, and sideline cheer
- Some skills that will be in the try-out material/routine (but not limited to) triple pirouette, turns in second combo. Dance jumps: single stag, toe touch, second leap and leg hold turn

TRYOUT DAY – Wednesday, May 18, 2017 3:30 JSerra Dance Room in Building 1

3:30 PM (Arrival Time/Check In) **4:00 PM (Tryout Begins)**

Tryout Attire:

Please wear a plain white t-shirt, shorts and white shoes. Hair pulled back in a neat pony tail. No jewelry, spandex (ie: Nike Pros), no spaghetti straps shirts or midriff baring shirts. Make up may be worn on tryout day. No colored nail polish (nude or French Manicure ok) points will be deducted for nail polish.

2017–2018 PEP SQUAD TRYOUT RESULTS POSTED

- Check the JSerra Website after 2:00 PM May 19, 2017 for teams listed by tryout candidate's number
- Individual scores of any candidate will not be made available to the candidates or parents

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PEP SQUAD 2017 – 2018 CALENDAR

The 2017-2018 season is currently scheduled from June 2017 through the next season's tryout date (April 2018). Our summer practice schedule is already set – exact team schedules for practice are published on our Pep Squad Shutterfly website calendar). Events may be added at the Coaches' discretion.
Please refer to the Pep Squad Constitution regarding our absence policy.

	Important Dates
Try Out Clinics Cheer/Dance	Monday May 15, 2017 3:30-5:30pm **JSerra Gym** Tuesday May 16, 2017 3:30-5:30pm **JSerra Gym**
Try Outs	Wednesday, May 17, 2017 3:30pm **JSerra Dance Room in Building 1**
Pep Squad Uniform Fitting	Monday, May 22, 2017 **JSerra Dance Room in Building 1** Varsity Cheer/Dance 6:00-7:00pm JV Cheer 7:00-8:00pm
Summer Practices	**All Practice at OC All Stars (19531 Pauling #200, Foothill Ranch, CA 92610)** Wed, June 14, 2017 2:00-4:00pm Thurs, June 15, 2017 2:00-4:00pm Wed, June 21, 2017 2:00-4:00pm Thurs, June 22, 2017 2:00-4:00pm T, W, TH July 11, 12, 13, 2017 2:00-4:00pm T, W, TH July 18, 19, 20, 2017 2:00-4:00
Vacation Days	May 29, 2017-June 13, 2017 June 23, 2017-July 10, 2017
NCA Cheer Camp	M, Tu, W, TH July 24-27, 2017 Great Wolfe Lodge in Garden Grove
US Spirit Leaders Dance Camp	Th, F, Sat, Sun July 27-20, 2017 Vanguard University Camp
Spirit Week	T, W, TH Aug 2-4, 2017 at **JSerra High School**
Pep Squad Picture Day	Friday, August 5, 2017 at **JSerra High School (no make up pictures)**
School Year Practice Schedule	Mondays after school 3:00-5:00pm **Cheer: JSerra Practice Field** Mondays after school 3:00-5:00pm **Dance: JSerra Dance Room** Wednesday mornings 6:30-8:00am **All Squad JSerra Gym**

Freshman/JV Football Games (End of August through November)

- Traditionally these are every Thursday from 2:30 – 6:00 PM (additional reserve games may be added)

Varsity Football Games (End of August through November - depending on CIF qualifying)

- Traditionally these are every Friday from 5:00 – 10:00 PM Attend Grotto at JSerra after home football games @ approximately 10:00 PM, Football CIF games TBA are mandatory.

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JV Basketball Games (January through February)

- Traditionally these are every Wednesday and Friday from 5:00 – 7:30 PM
- In February the games switch to Tuesday and Thursday from 5:00 – 7:30 PM

Varsity Boys Basketball Games (January through March – depending on CIF qualifying)

- Traditionally these are every Friday and sometimes Wednesdays from 5:00 – 10:00 PM. We do not travel to weekday away basketball games during the regular season. Basketball CIF games TBA are mandatory.

JV/Varsity Squads are often asked to attend other JSerra sporting events (e.g. Hockey, Lacrosse, Soccer

- Please refer to the Pep Squad Website Calendar for all events, dates and times.

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JSERRA TRY OUT CONSENT FORM

Name: _____ **1st semester/2nd Trimester G.P.A.** _____

Address:_____

Phone: _____ **Other**:_____

Parents Names: _____

Current School of Attendance: _____

Grade entering 2017/2018 _____

I, the undersigned, have **READ** and **FULLY UNDERSTAND** the tryout procedures and process for becoming a Pep Squad Member of the JSerra Pep Squad. I understand that my daughter will not be able to tryout, unless **ALL REQUIREMENTS** are met.

I have **READ** and FULLY UNDERSTAND the JSerra Pep Squad Constitution and the Rules and Regulations that will govern my child if they are chosen to represent JSerra Catholic High School as a Pep Squad member. I agree to abide by these rules and regulations, including their interpretation and enforcement. I further understand that attendance at all practices, school events, special events, games and designated volunteer activities are required of every pep squad team member.

I hereby give my consent for my child to try-out for JSerra Pep Squad and recognize her responsibilities and requirements as a leader of her school.

I understand that, my child must maintain a 2.0 with no more than two F's the entire year.

_____ _____

Parent(s) Signature Date

I, _____, have also read the statements above and fully understands the requirement.

_____ _____

Student Signature Date

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Name:_____

Try Out Packet Check Off List

- ✓ Place all completed paperwork in a provided manila envelope and label **"Pep Squad Tryout Packet"**
- ✓ Completed Information Sheet with Photo Attached (1 page)
- ✓ Parent Try Out Consent Form (1 page)
- ✓ 5 Completed and Signed Teacher Recommendation Forms (5 pages) – each in a sealed/signed envelope
- ✓ Attendance/Participation Signed of the Pep Squad Constitution (page 2, 1 page)
- ✓ Pep Squad Constitution Page (last page of the Constitution) Sign (1 page)
- ✓ Photocopy of your most recent report card (1 page)
- ✓ Confirmation email print out confirming the Athletic Packet was completed (fill out on line) (1 page)
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