



# *American Leadership Academy – Ironwood*

## Junior High Spiritline Try-Out Packet

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Dear Parents/Guardians,

Your child has expressed an interest in becoming a member of the ALA Ironwood Junior High Spiritline for the 2018/2019 season. Please note that the commitment to the Spiritline involves supporting Football and Basketball, performing at some school functions, competing at cheer and pom competitions within the state of Arizona, and showing support of and involvement in ALA Ironwood.

Spiritline Tryouts will be held on Wednesday, August 22<sup>nd</sup> from 3:30–5:00pm (JUNIOR HIGH ONLY). Tryouts will be held in the cafeteria. There will be several elements that applicants will need to learn by watching clinic videos. **Please see information specific to Cheer or Pom on the next page for more details. \*\*These tryouts are only open to students who did NOT previously try out in April 2018 or on August 8<sup>th</sup>, 2018.**

Participation in our ALA Ironwood Spiritline will bring many valuable and rewarding experiences that will be remembered long after students graduate from high school. To be an effective member of this team, students must commit a great deal of time throughout the year. **Social plans, job schedules, and commitment to other sports or school positions cannot interfere with practices, games, and other required activities.**

Academic success is an important part of all Spiritline teams, and it will be up to the students to ensure they use their free time wisely to fulfill both commitments. **Passing grades are another aspect included in the selection process.** If selected for High School Spiritline, students will be enrolled in a 7<sup>th</sup> Hour Spiritline Class. This course will count toward students' PE credit.

If selected, there are certain personal and financial responsibilities that your daughter must assume in order to qualify and remain a member in good standing. Our expenses this year will include summer camps and workshops, uniforms, shoes, warmups, shorts, specialty clothing, choreography fee, and monthly tumbling charge (Cheer). Please do not let cost be the reason you don't try out. We try to pace payments properly and are willing to fundraise to help facilitate costs.

**THIS COMPLETED TRYOUT PACKET AND PARENTAL RELEASE MUST BE COMPLETED AND TURNED IN TO THE COACH ON YOUR TRYOUT DATE.**

**IN ADDITION, STUDENTS MUST REGISTER ON REGISTER MY ATHLETE ([www.registermyathlete.com](http://www.registermyathlete.com)) AND SUBMIT A CURRENT PHYSICAL. ATHLETIC CLEARANCE CARD MUST BE OBTAINED FROM MRS. WOOD IN THE ATHLETIC OFFICE. ATHLETIC PACKET AND PHYSICAL MUST BE CURRENT AND COMPLETED BY 3:00pm ON August 22. MRS. WOOD WILL GIVE YOU A CLEARANCE CARD WHICH YOU MUST PRESENT TO US AT THE TRY OUT.**

**Students will NOT be permitted to try out without this packet and athletic clearance completed.**

Please read the specific Cheer and Pom tryout information on the next page. There is also a checklist to use in completing the required forms.

Thank you and good luck!!

Cassy Downs & Lindsey Hamberg  
Spiritline Coaches

**TRYOUT INFORMATION:**

Junior High Spiritline tryouts are open to all students who will be in 7<sup>th</sup> or 8<sup>th</sup> grade for the 2018-2019 season.

There will be no clinics held this year for Spiritline Tryouts. Instead, participants will be expected to learn the required elements of the tryout by watching the informational YouTube videos.

Clinic Videos are located at <http://hambergdance.weebly.com/spiritline-news>.

Please remember that students will absolutely NOT be able to participate in Spiritline tryouts unless they have learned the required material, are present at the tryout date, have submitted their completed Spiritline packet, registered on RegisterMyAthlete.com, and received athletic clearance. Tryouts will be watched by qualified judges who will accurately measure the level of the students. All judges have strong cheer and dance backgrounds.

Following tryouts, results will be posted at <http://hambergdance.weebly.com/spiritline-news> no later than August 27<sup>th</sup>.

All tryouts are closed to observers.

**CHEER TRYOUT INFORMATION:**

To try out for Cheer, students must watch and learn the following videos:

**Spiritline Dance**

**Cheer Video**

**Required Cheer Jumps.**

\*\*If you are interested in Cheer, please also complete the attached Ammo Athletics liability form. You will NOT be able to try out without this form.

For questions on Cheer tryout information, please contact Coach Cassy Downs at [Cdowns@alaskaschools.org](mailto:Cdowns@alaskaschools.org)

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**POM TRYOUT INFORMATION:**

For Pom, students must also watch and learn the following video:

**Spiritline Dance**

Junior high students, you do not need to prepare a solo. However, you will be asked to show a pirouette, leap, battement, and single or double stag.

*If you are only interested in Pom, you do not need to complete the attached Ammo Athletics liability form.*

For questions on Pom tryout information, please contact Coach Lindsey Hamberg at [Lhamberg@alaskaschools.org](mailto:Lhamberg@alaskaschools.org)

**PHYSICALS/ATHLETIC CLEARANCE:** All students must have a current physical before participating in tryouts. You will need to register on RegisterMyAthlete.com and submit a current physical as well as a few other documents. The current physical must be dated after March 1, 2018, in order for the student to be eligible to tryout.

The information for registration can be found on our athletic website, [www.alaiwathletics.org](http://www.alaiwathletics.org), under “Announcements.” No hard copy packets will be accepted and all paperwork must be scanned and uploaded by the parent. The athletic office will NOT scan paperwork.

Once you have completed your registration and have submitted your physical online, please see Mrs. Wood in the athletic office. She will clear students to participate in tryouts. Without this clearance, we cannot allow you to try out.

**PACKETS:** This packet must be filled out and turned in AT TRYOUT on August 22. (Parent signature, current grade report, and teacher recommendation forms.) **No late packets will be accepted.**

**TRYOUTS:** Tryouts are closed to observers. Students must arrive promptly at 3:30pm, dressed out, and ready to participate. Students will be expected to warm themselves up and know their cheer/dance. **BRING WATER!**

**TRYOUT ATTIRE:** Students must wear a BLACK short sleeve top, BLACK dance pants or leggings (or mid-length athletic stretch shorts), and tennis shoes. It is recommended that students also bring jazz shoes or turners if they are interested in Pom. All hair must be up in a ponytail or bun with NO flyaways or bangs. No bows are permitted – everything should look clean. Absolutely no jewelry (besides stud earrings) or gum is allowed.

**REQUIREMENTS:** The requirements for tryouts are listed below. Students should remember that the requirements are designed to get the best possible members on this year’s squad. However, not everyone is able to do all requirements. Do not be discouraged if you are unable to do one of the requirements because you may be stronger in other areas. **\*\*NO EXPERIENCE IS NECESSARY!!** We are able to coach and teach these skills to you. The most important elements on this list are **in bold**.

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| <p><b><u>Cheer Elements:</u></b></p> <ul style="list-style-type: none"><li>◇ Voice Quality: tone/projection, ability to lead a crowd</li><li>◇ Memorization of cheer routine/timing</li><li>◇ Sharpness/execution/precision/coordination</li><li>◇ Correct and sharp hand/arm motions</li><li>◇ Flexibility and height in jumps</li><li>◇ Flexibility and strength in extensions</li><li>◇ Standing Tumbling: Handstand Forward roll, Backwards roll, back walkover, back extension roll.</li><li>◇ Running Tumbling: cartwheel, front walkover, Power Hurdler round-off, round-off back walkover, round-off double back walkover</li></ul> | <p><b><u>Pom Elements:</u></b></p> <ul style="list-style-type: none"><li>◇ Solid double pirouette (nearing triple)</li><li>◇ Battements: leg straight, toes pointed, strong arms, control</li><li>◇ Excellent leaps and center leaps with strong arms</li><li>◇ Clean single and double stags</li><li>◇ Proper timing and rhythm</li><li>◇ Flexibility in splits and extensions</li><li>◇ Fouettes and a la secondes optional</li><li>◇ Solo/Duo strong and clean choreography in any style (0:45-1:00 long) – High School ONLY</li></ul> |
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| <p><b><u>Cheer and Pom Elements of Team/Leadership:</u></b></p> <p><b>Spirit/Enthusiasm/Showmanship</b></p> <p><b>Interview Questions</b> (you may also be asked questions from the judges during tryouts)</p> <p><b>Appearance</b></p> <p><b>Academic Eligibility/Grades</b></p> |
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**SPIRITLINE COSTS:** Students are expected to purchase their uniform, as it is theirs to keep. They will also need to purchase shoes and hair accessories to complete their uniforms. Please contact the coaches for more information on cost.

please turn this page in with your packet

Name \_\_\_\_\_ (Please print)

Birthdate \_\_\_\_\_ Current year in school 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>  
(Please circle one)

Team you are trying out for: Pom Cheer  
(Please circle all that apply)

Parent Contact Name \_\_\_\_\_ (Please print)

Parent Contact Phone \_\_\_\_\_

Parent Email Address \_\_\_\_\_

Student Email Address \_\_\_\_\_

*Please be sure email addresses are written clearly. This is the primary form of communication between team and Coach. Your results will be sent to the above email addresses.*

Due to the Coach AT YOUR TRYOUT:

\_\_\_\_\_ Student Information Form (above)

\_\_\_\_\_ Parent/Guardian Permission Form

\_\_\_\_\_ Interview Questions

\_\_\_\_\_ Athletic Clearance (Please see Mrs. Wood in the athletic office)

\_\_\_\_\_ Liability Waiver for Ammo Athletics (Cheer ONLY. This is where all of our choreography and clinics will take place throughout the season )

# Parent/Guardian Permission Form

I understand that the Spiritline is an extra-curricular activity and that attendance to all practices, games, fundraisers, and special functions is a requirement of the elected participant.

In addition, I understand that if my child is chosen as a team member, I will be responsible for payment of all uniforms and items ordered by my child, even if he/she becomes ineligible or is removed from the team for any reason.

I have been clearly presented with the information in regards to the Spiritline expectations for the program. In addition, I understand that selection decisions are final and not subject to review or discussion. Scores are confidential and will not be shown to any parent or athlete.

I give my consent for my child, \_\_\_\_\_ to tryout to be a member of the Spiritline at American Leadership Academy – Ironwood and if elected, recognize his/her responsibilities and requirements.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

For athlete:

If I make the squad, I understand that I will sign off that I have been given a constitution and agree to follow and abide by it throughout the time I am a member of the Spiritline. I fully accept the consequences if I choose not to abide by its standards and expectations. I understand that as a member of Spiritline, I am a representative of American Leadership Academy – Ironwood and the community and will be held to high standards.

I have been clearly presented with the expectations of the program and understand the possible consequences if not meeting the program's expectations.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

Name \_\_\_\_\_

## American Leadership Academy – Ironwood SPIRITLINE

Interview Questions – *Please answer to your best ability. The judges will use this form to help get to know you and what your commitment to the program will look like.*

1. What would you do if a member of your squad had a very bad attitude problem?

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2. What three characteristics do you feel are most important for Spiritline to possess?

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3. In what ways to you exemplify the qualities listed above?

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4. HIGH SCHOOL ONLY – If selected for Spiritline, you will be enrolled in 7<sup>th</sup> Hour Cheer or Pom class. How can you make this class a good use of your time, and how will you strive to work hard in class at all times?

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5. Why should a member of Spiritline be responsible for maintaining good grades?

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6. Do you have any other activities/commitments that would interfere with Spiritline practice? Please list all below.

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7. Do you have any yellow cards or red cards issued from school for the 2017-2018 school year? If so, please list them below. (If you did not previously attend ALA, do you have any detentions or suspensions that were issued to you at your last school?)

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8. Have you ever been to PAR? If so, about how many times? (If you did not previously attend ALA, do you have any frequent unexcused tardies to class?)

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9. What will you do if you do not make the team this year?

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10. What would former coaches and teachers say about you, if you asked them to recommend you for this program?

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11. What can you contribute to Spiritline, and how are you a good team player?

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12. Please list all your dance and/or cheer experience below. Include number of years or dates.

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# ATHLETE LIABILITY FORM

### How did you hear about us?

Facebook      Internet Search      Website      Walk-In/Drive By      Referral: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Major Cross Streets: \_\_\_\_\_

### Parent/Guardian Contact Information

Relationship: Mother    Father    Other: \_\_\_\_\_ Name: \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email Address: \_\_\_\_\_

Relationship: Mother    Father    Other: \_\_\_\_\_ Name: \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email Address: \_\_\_\_\_

### Athlete Information

Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

School: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Allergies: \_\_\_\_\_ Medications: \_\_\_\_\_

Disabilities/Restrictions: \_\_\_\_\_

Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

School: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Allergies: \_\_\_\_\_ Medications: \_\_\_\_\_

Disabilities/Restrictions: \_\_\_\_\_

Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

School: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Allergies: \_\_\_\_\_ Medications: \_\_\_\_\_

Disabilities/Restrictions: \_\_\_\_\_

In consideration of being allowed to participate in any way at and/or with AMMO ATHLETICS, LLC athletic/ cheerleading/ sports programs, related events and activities, the undersigned acknowledges, appreciates, and agrees that: The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of staff employees, agents, and representatives of AMMO ATHLETICS, LLC or others and assume full responsibility for my participation or that of my minor child or ward for whom I am signing for as legal guardian of a minor; and I, for myself, or my minor child/ward and on behalf of my heirs, assigned, personal representatives and next of kin, hereby release and hold harmless AMMO ATHLETICS, LLC their officers, staff employees, agents, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of said premise used to conduct the event, (collectively the releasees), with respect to any and all injury, disability, death or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise. This is to certify that I, with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the releasees, and, for myself, any heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the releasees from any and all liabilities incident to the involvement or participation of my minor child in these programs as provided above. I agree to this even if injury or death arises from the negligence of the releasees. This release is absolute and to the fullest extent permitted by law. I further certify that I have health insurance coverage on myself, or my minor child/ward, and the coverage will remaining in full force and affect during the period I, or my child/ward remains enrolled with AMMO ATHLETICS, LLC I understand that the failure AMMO ATHLETICS, LLC, to verify this information does not waive my responsibility to comply. This Agreement is a legally binding contract and supersedes any other agreements or representations by and between these parties, written or oral, with regard to the subject matter hereof. This document is intended to be a full, general, and comprehensive release of liability. Refunds or credits for missed classes, injuries, withdrawal or quitting prior to conclusion of session is not allowed for any reason.

AT NO TIME DOES AMMO ATHLETICS, LLC OFFER A REFUND FOR REMOVAL, QUITTING, LEAVING, OR CHOOISING NOT TO PARTICIPATE IN ANY REGISTERED ACTIVITES.

By signing below, I acknowledge that I have read, understand, and agree with all policies, terms and conditions of this agreement.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



