



## **2022-2023 BEDFORD COMPETITIVE CHEER TRYOUT INFORMATION**

### **TRYOUTS DATES:**

BHS-Monday, November 7th – Thursday, November 10th, 4-6 pm

BJHS Monday, November 14th- Wednesday, November 16th, 5-7:30 PM

- If you have a conflict with ANY of the above dates, please contact Coach Emily immediately.
- Tryouts are closed to spectators.
- You must have a physical on file seven days prior to tryouts! If you participated in a fall sport in 2022, then you already have a physical on file. If you do not have a physical on file, a new one will be required to participate.
- All Final Forms for both parents and athletes must be signed to try out.
- Make sure to arrive at tryouts at least 10 minutes before start time.
- What to wear? Comfortable, appropriate length shorts, T-Shirt, Athletic shoes (cheer shoes preferred), hair pulled back tight (no fly away hair or bangs), no bare midriff, NO gum, NO jewelry of any kind, NO long or fake fingernails
- **BRING A WATER BOTTLE!!**

**Tentative Competition Schedule (subject to change)**

<b>December 9, 2022</b>	<b>Varsity &amp; Junior Varsity</b>	<b>CCCAM @ Michigan Center</b>
<b>December 17, 2022</b>	<b>Varsity</b>	<b>@ Onsted</b>
<b>January 7, 2023</b>	<b>ALL</b>	<b>@ Brighton</b>
<b>January 11, 2023</b>	<b>ALL</b>	<b>SEC1 @ Home</b>
<b>January 14, 2023</b>	<b>Varsity &amp; Junior Varsity</b>	<b>@ Stoney Creek</b>
<b>January 21, 2023</b>	<b>ALL</b>	<b>@ Home</b>
<b>January 26, 2023</b>	<b>ALL</b>	<b>SEC2 @ Saline</b>
<b>January 28, 2023</b>	<b>ALL</b>	<b>@ Wyandotte</b>
<b>February 4, 2023</b>	<b>ALL</b>	<b>@ Woodhaven</b>
<b>February 9, 2023</b>	<b>ALL</b>	<b>SEC3 @ Lincoln</b>
<b>February 11, 2023</b>	<b>Varsity</b>	<b>@ Warren Woods</b>
<b>February 17-18, 2023</b>	<b>Varsity</b>	<b>Districts</b>
<b>February 25, 2023</b>	<b>Varsity</b>	<b>Regionals</b>
<b>March 3-4, 2023</b>	<b>Varsity</b>	<b>States @ Delta Plex</b>

## GUIDELINES FOR HIGH SCHOOL TRYOUTS

Score sheets will be used to judge each area evaluated. Coaches' scores will be averaged to come up with a final score for the athlete. Athletes will then be ranked based on the skills necessary for each round. In order to make the Varsity competitive cheer team, you must rank in the top 16 for round 1 or 3 and/or in the top 12 for round 2 in addition to having all of the required skills to make Varsity. There will be consideration made for alternates for rounds. If you do not make Varsity, then you will be considered for the JV team.

Athletes will be evaluated in the following areas:

- **ROUND 1 CHEER** - A portion of the Varsity or JV Round 1 will be taught which will include the jump section. Groups will be based on skill level and/or grade level. Athletes will be evaluated on motions (placement, punch, memorization), performance (voice, confidence, facials), and each jump.
- **ROUND 2 CHEER** – A portion of the Varsity or JV Round 2 will be taught which will include the 10 count and skills. Groups will be based on skill level and/or grade level. Athletes will be evaluated on motions (placement, punch, memorization), performance (voice, confidence, facials), and each skill.
- **ROUND 3 CHEER** - A stunt sequence of the Varsity or JV Round 3 will be taught that will contain stunts necessary to make the Varsity cheer team. Groups will be based on skill level and/or grade level. If athletes are unable to perform these stunts, a modified version will be taught, however this will affect their chances of making the Varsity or JV Round 3. Athletes will be evaluated on overall technique, strength, flyer flexibility and stamina.

**The table below is an example of the skills we will be looking at. These are not a list of requirements for any team.**

Round 1	Round 2	Round 3
Motions (Placement, punch, memorization)	Motions (Placement, punch, memorization)	Performance (Voice, confidence, facials)
Performance (Voice, confidence, facials)	Performance (Voice, confidence, facials)	Stunt Sequence
Toe Touch	Toe Touch	Flyer Flexibility
Herkie	Back Tuck	Back Handspring
Front Hurdler	Backwalkover	Back Tuck
-	Back Handspring	Cartwheel Back Tuck
-	Handstand Forward Roll	Backwalkover
-	Switch Splits	

## GUIDELINES FOR JUNIOR HIGH TRYOUTS

Score sheets will be used to judge each area evaluated. Coaches' scores will be averaged to come up with a final score for the athlete. Athletes will then be ranked based on the skills necessary for each round.

- **ROUND 2 CHEER** – A portion of Round 2 will be taught which will include the 10 count and skills. Groups will be based on skill level and/or grade level. Athletes will be evaluated on motions (placement, punch, memorization), performance (voice, confidence, facials), and each skill.

- **ROUND 3 CHEER** - A stunt sequence of Round 3 will be taught that will contain stunts necessary to make the cheer team. Groups will be based on skill level and/or grade level. If athletes are unable to perform these stunts, a modified version will be taught. Athletes will be evaluated on overall technique, strength, flyer flexibility, and stamina.

**The table below is an example of the skills we will be looking at. These are not a list of requirements for any team.**

ROUND 2	ROUND 3
Motions (Placement, punch, memorization)	Performance (Voice, confidence, facials)
Performance (Voice, confidence, facials)	Stunt Sequence
Switch Splits	Flyer Flexibility
Toe Touch/Herkie/Front Hurdler	Backwalkover
Handstand Forward Roll	Back Handspring
Backwalkover	Toe Touch
Back Handspring	Herkie

### COACHES WILL ALSO TAKE INTO ACCOUNT:

- Work ethic and drive
- Ability to perform skills at the necessary level
- Ability to improve and adjust to coaches' requests and critiques
- Attitude and effort shown throughout clinics
- Ability to physically keep up with the physical regimen and needs of the sport
- Showing athletic potential to improve throughout the season

## So, You Want to be a BHS/BJHS Competitive Cheerleader...

Here are some things you need to know and understand:

- We are an MHSAA-sanctioned sport- which means we are regulated by our school and Michigan High School Athletic Association
- Our main focus during the winter season is to compete as a sport ourselves.
- There is always a bench. Just like every other sport, we will maintain a bench for each round. This should allow us to have depth on our teams which will allow us to compete successfully at each contest. The bench is always changing as players increase their skill and performance levels.
- Just as in every other sport, positions in rounds are not final. Just as a starting line-up changes for a basketball team, the roster of position “players” for each round may change at any time as a coach deems necessary to allow the utmost possible team success. Being on the team does not guarantee mat time. It must be earned through hard work, dedication, and attitude throughout the season.
- Practice is “Work Time!” Bring a water bottle, use the bathroom before, etc. You will be expected to be prepared and take initiative to improve yourself. The coach’s role is the role of facilitator, educator, choreographer, and administrator of the team. You are expected to be the motivator and person responsible for yourself.
- Your commitment to the competitive cheer program and your team must come first before any other extra-curricular activities. We also ask for your cooperation in planning family events and appointments. Although we understand that these things are extremely important and sometimes can NOT be scheduled outside of practice times, we as coaches organize our lives and families to be available for practice, games, and competitions, and we expect the athletes and their families to make every attempt to do the same. **Don’t plan anything for competition dates- we never know if they may run long.**
- Along with athletic skill improvement, we stress character development, behavior, and teamwork throughout our program. We are only as strong as our weakest link, and no one person is more valuable than any other. We expect all cheerleaders to show respect, courtesy, and support for every athlete on their team, as well as within the entire program. Only positive attitudes and positive talk will be tolerated.
- **Vacations, while school is in session, will not be excused absences throughout the season.** There is no way that a competitive cheer team can practice effectively or compete successfully if team members are not at practice. Due to our heavy competition schedule and the short time available to choreograph, every practice is essential and can’t be missed due to leaving early, arriving late, or missing practice due to a vacation. **If you choose to go on a vacation during practice, be aware that a spot in a round may be forfeited even if it’s during a school-scheduled break.**
- **Work during practice time will not be an excused absence.** The calendar for the season is handed out upon making the team. Arriving late, leaving early, or missing due to a scheduled work day should not happen.

I understand the commitment that needs to be made in order to become a member of the Bedford Competitive Cheer Program. I will make every attempt to uphold the commitment I am making not only to the coaches but to my team members and myself.

## **BHS/BJHSCheerleading Rules and Expectations**

### **PRACTICES**

1. Cheerleading practices will be held at the time and place designated by the coach. Practice begins at the scheduled start time and will end at the scheduled end time. Athletes need to be dressed and ready to practice no later than 10 minutes prior to the start time. Once practice ends, mats will need to be put away. Expect that the athlete will be out 10 minutes after the scheduled end time.
2. Arriving late or leaving early from practice will count as an absence in your attendance. Since we have to have a full team to practice effectively, please limit your doctor's and teacher's appointments to those that can absolutely not be scheduled at any other time. These could be excused only when prearranged with your coach and do not become an issue. It is up to the coach's discretion if an absence will be excused.
3. If you have to be late or absent from practice, call your coach as soon as possible. If the coaches are not notified, you will automatically have an unexcused absence no matter the circumstance. Notifying your coach does NOT automatically excuse the absence.
4. Absences from practice may result in sitting out games/being removed from competitive rounds depending on the season. Workout time missed due to unexcused absences may also need to be made up before athletes are allowed back to perform. This is at the discretion of the coaches.
5. Missing practices for vacations, driver's education, birthdays, concerts, homework, studying for tests, punishments, cramps, etc. will NOT be excused absences. This only inconveniences the entire team.
6. Practice is "Work Time!" Bring a water bottle, use the bathroom before, etc. You will be expected to be prepared and take initiative to improve yourself. The coach's role is the role of facilitator, educator, choreographer, and administrator of the team. You are expected to be the motivator and person responsible for yourself.
7. Cell phone usage is not allowed at practice. If caught using your cell phone without permission, disciplinary action will be taken.

### **GAMES**

8. Welcome our home fans and visiting teams. Show nothing but the best sportsmanship at all games.
9. Cheerleaders should stop all booing or unsportsmanlike behavior from the stands.
10. KNOW WHAT IS GOING ON!!!! Be alert and watch the game. Pay attention to your team so that you can effectively cheer the game.
11. Visitors are not allowed while cheering games. Limit these to during half-time and after the game.
12. You are required to be with your team from warm-up through half-time. Then five minutes before the beginning of the 3rd quarter through the end of the game meeting.
13. Being late or leaving early from a game is not allowed and may result in sitting out at the game or the next game.
14. Missing a game may result in sitting out of the next game unless due to an illness. A doctor's note may be required.

### **COMPETITIONS**

15. All competitions are mandatory even if your team is not competing that day or if you, the athlete, are not in rounds that day.
16. You are required to be with your team from the start of the competition through the award ceremony. At no point should you wonder off without informing your coach. You are there to compete. It is not of importance to your team or coach that you get a shirt from the competition. This is something that should be taken care of at the appropriate time.
17. Membership on a team does not ensure performance time.

#### **UNIFORMS AND GENERAL APPEARANCE**

18. Students must be in uniform for all games and competitions. No jewelry or nail polish will be allowed. Only cheer shoes are allowed with uniforms. Only team warm-ups can be worn over uniforms.
19. Appearance for games and competitions should be a top priority. Uniforms must be cleaned, pressed, and mended. Excessive make-up and untidy hair are not acceptable.
20. Uniforms are the property of Bedford Public Schools and must be well maintained by each cheerleader. If lost or damaged, the cheerleader to whom the uniform was last issued must pay for the cost of replacement or repairs. Uniforms should not be altered in any way.
21. Uniforms/warm-ups should not be worn at any other time except when required by the coach.
22. Nails should be no longer than your fingertip. If you come to an event with nails above the allowed length it will be deemed as an unexcused absence.

#### **GENERAL**

23. Your commitment to the cheer program and your team must come first before any other extracurricular activities during the season. We also ask for your cooperation in planning family events and appointments. Although we understand that these things are extremely important and sometimes can NOT be scheduled outside of practice times, we as coaches organize our lives and families to be available for practice, games, and competitions, and we expect the athletes to make every attempt to do the same.
24. A no call/no show to any practice, game, competition, or event will result in disciplinary action at the coach's discretion.
25. Participation in all team fundraising is mandatory.
26. Money paid for required items for the team is non-refundable once items have been ordered.
27. Cheerleaders must attend and participate in 90% of the practices as well as 100% of the games/competitions to successfully complete the season and earn the appropriate awards/certificates/letters. The only exception is due to injury or illness accompanied by a doctor's note.
28. **ANY CHEERLEADER WHO DOES NOT ACT IN AN APPROPRIATE MANNER TO BE REPRESENTING BEDFORD HIGH SCHOOL AND THIS COMMUNITY (ILLEGAL USE OF ALCOHOL OR OTHER ABUSIVE SUBSTANCES, SMOKING, VAPING, INSUBORDINATION, BULLYING OR ANY OTHER BEHAVIOR DEEMED INAPPROPRIATE) WILL BE IMMEDIATELY DISMISSED FROM THE PROGRAM. THIS INCLUDES INAPPROPRIATE PICTURES OR INFORMATION POSTED ON TWITTER, FACEBOOK, INSTAGRAM, OR ANY OTHER SOCIAL MEDIA.**

#### **IMPORTANT PARENT INFORMATION**

A large part of feeling successful is the knowledge that you have fans and supporters who are there to support you! That is why parents are such an integral part of our program!

**At Competitions:**

- Cheerleaders are expected to be with their team from the moment they arrive at the school until the end of the team meeting at the completion of the competition. They will not be allowed to socialize with any fans or sit in the stands at any time during the competition.
- As with any other sport, parents would not be running out onto the basketball court and interrupting the game to see if their athlete needs anything, the same goes for cheer competitions. In order for your cheerleaders to be successful, they do not need outside distractions.
- Please attend all competitions if possible, wear your Bedford fan shirt, and sit together! Even though she may not say it, your athlete does want you in the stands supporting her! You are a big part of our success as a program!
- Please do NOT tell the athlete's scores during the competition. We like to stay focused on our own team and not the results of each round. This helps us have our best performances throughout the day. This can also ruin the excitement of a win!

**At Games:**

- Cheerleaders are expected to pay attention to the game. They are not allowed to leave the game from pre-game until halftime and are expected to be back with 5 minutes left in the half until after the post-game team meeting. They will be dismissed AFTER a post-game team meeting.
- The job of the cheerleader at games is to lead cheers and support the team. They will not socialize during the game with members of the crowd, and also should not be with any non-cheerleaders.

**At Practices:**

- Cheerleaders are a part of a team. They will be expected to be fully at practice 100% of the time which means they are expected to bring water bottles and turn off cell phones during practice time.
- If athletes are injured and not able to perform fully at practice, they need to see the trainer before practice to be evaluated. Our trainer will evaluate the athlete at which time she may give restrictions or recommend a visit to the doctor. After visiting a doctor, a note from a doctor will be needed in order for the athlete to be able to participate in practices or events. A note from the parents can not be used to prohibit or allow activity. When an athlete visits a doctor for an injury, the note needs to specify the diagnosis and ability to participate.
- Athletes who are injured, and therefore can not participate fully should have specific orders and a strengthening or stretching plan to help them return to activity that they can do while at practice. An injury is not an excuse to not come to practice.
- Taping is something that needs to be completed prior to the beginning of practice. If an athlete needs to be taped, please plan ahead and arrive to practice 20 minutes before the start time. Being late often due to taping is not excused. Our trainer provides most of the items used in her room. Please, bring your own tape!



## **GUIDELINES FOR COMMUNICATION**

What do you do when you have a question or conflict?

What is expected?

\*\*The 24 hour rule applies when contacting any coach about an issue. All of us coaches work hard for your athletes and deserve to be treated with respect. This rule allows the issue to be handled in the right way without conflict. So, please allow 24 hours after an issue occurs before contacting your coach.

Who should you contact?

STEP 1: Contact your child's coach when a question or conflict arises.

- Inappropriate times to approach coaches:
  - Before, during, or after games or competitions
  - Before, during, or after practices without an appointment
  - Anytime in public
- Appropriate ways to approach coaches:
  - Phone or email coach to discuss issues or ask questions
  - Or, set up a time for an appointment if the issue is more than a quick question.

STEP 2: Contact the head coach if you do not feel that your problem was handled correctly or completely.

STEP 3: If you still do not feel as though your issue was handled correctly at that level, then make an appointment to meet with the athletic director.

\*\* Skipping steps in the chain of command will result in confusion, and you will be directed to go back to the beginning. We welcome the opportunity to discuss our program with you. We would also hope that you would come to talk to the coaches about any issues or questions you have rather than talking about coaches and issues. We need to model good conflict resolution skills if we expect our athletes to learn from us

**FINANCIAL OBLIGATIONS****ALL CASH AND CHECKS ARE TO BE TURNED IN IN AN ENVELOPE WITH YOUR CHILD'S NAME ON IT.**

	<b>Description</b>	<b>Cost</b>	<b>Need By:</b>
Athletic Fee	Subject to change. Family maximums apply. This <b>MUST</b> be paid for your child to get a uniform per the athletic department.	\$175 High School \$100 Junior High	November 21st
Joggers	Can be used for all teams from 7th to Varsity. You do not need to purchase new ones if you already own them.	\$26	December 1st Program Order
Clothing	Team Warm-up Shirt Team Sweatshirt	TO BE DETERMINED	Program Order
Shoes	Nfinity Vengeance. These can be used again if they are in acceptable condition.	\$105	December 1st
Nike Pro (Red)	These will be worn under the uniform skirts at all competitions.	<b>PURCHASE ON OWN</b>	First Competition
Bow	Bow that will be worn at all competitions.	\$5	November 21st
Socks	Nike Tall Socks	<b>PURCHASE ON OWN</b>	First Competition
Uniform Deposit	This is a refundable deposit that needs to be paid to get a uniform and will be refunded when the uniform is returned in the same condition.	\$25	November 21st
Tumbling	Weekly tumbling classes will be held with an onsite coach.	\$180 (additional \$30 registration fee if you did not cheer for sideline season)	December 1st

\*\*\*PLEASE MAKE ALL CHECKS OUT TO\*\*\*

BEDFORD PUBLIC SCHOOLS

VENMO: @Bedford-Cheer

The program order will be placed November 22nd.

## **It's your Senior year?! Let's talk about it!**

### **General:**

- This is your last year. Everyone else has other opportunities, other years to succeed. What do you want out of this last year?
- Set goals, share them with the team, work hard, and be contagious in your pursuit of your goals!
- Set the tone for everything we do! They will embody whatever example you set!
- Everything is your job! Who wants to roll an extra mat? YOU DO! Who wants to help go get the tumble track! ME AGAIN! If you always volunteer for things, your teammates will notice and follow your example!
- Let others lead! It's ok if a junior or even a freshman wants to step up and lead sometimes! Your job is to make sure things get done even if it means that you take a step back. But if no one steps up, guess whose job it is? You got it...it's always yours!
- Communication is key! You are the liaison between the team and the coaches! If something needs to be addressed whether it's a team concern or a concern about a particular athlete, don't hesitate to bring to the coaches! You may also be asked to give your honest feedback on anything! Please feel comfortable to say how you really feel. It's important if you want to have the best year!
- Speak up! You should always be willing to speak in team circles and other opportunities.
- Listen! Make sure to listen to your teammates and be willing to help in any way they need.
- Work together! This is a team effort so work together with your fellow seniors and coaches! But realize when there are "too many cooks in the kitchen" and know when to take a step back or lead the charge. Designating your leadership role within the seniors will help decrease confusion and conflicts.
- Be a mentor! You have a ton of teammates that are all looking to you for help. Remember that the team is only as strong as our weakest. Build them up and make them as strong as they can be!
- Represent Bedford Cheer! We represent the Bedford cheer program and will not accept any behavior that does not meet our expectations. You should be the first to defend it. If you notice any team members not representing us well, please speak up and bring it to the coach's attention! No bullying, no disrespectful behavior, no drinking, no drugs, etc.

### **Practices:**

- Lead stretches.
- Keep us on task.
- Keep everyone accountable (EVERY rep is important – no breaks).
- Help to troubleshoot skills and stunts.
- Be a positive, driving force behind everything we do! Keep the goal in mind and our why!
- Be the hardest workers in the room but also be the most humble!
- Help with choreography! Do you like a particular stunt or set of motions? Bring your ideas!
- Help make practice and conditioning especially fun! (You want to help plan out a conditioning circuit, just ask).

**Camp:**

- Camp can be tiring and frustrating but it doesn't have to feel like it! Your attitude is key! Keep it light and keep it fun!
- Keep the team focused and respectful. No talking while staff is talking or demoing. And always say thank you when someone helps you or gives you a critique!
- Keep the team enthusiastic and always encouraging staff and OTHER teams! Do you want the potential to be noticed and win an award? Do you want teams to remember you next season? Stay excited and SUPER nice!
- Coaches won't always be with you. Keep everyone together, going to the right place (gym, lunch, dorm rooms) and stay on schedule! You are the responsible party when coaches aren't there.

**Games:**

- Call at least 15 cheers a quarter.
- Help to keep everyone accountable (loud voices, tight motions, good skills/stunts, stay in lines, pay attention to the game and keep talking to a minimum).
- Be respectful. No booing, no copying other team's cheers. We do not want anyone to perceive us in a negative light.

**Competitions:**

- You don't get to be nervous or panicked on the outside. You are calm and confident at all times!
- Stay focused in the warm up room and in the competition space! Don't let anyone's eyes wander or their confidence fade.
- Keep it fun! The locker room should be fun and light, not stressful or a time to vent about how bad we just did.
- Negativity is contagious but so is positivity! Any negative attitudes are squashed immediately.
- Be motivating! Everything will be great and you know it! Keep everyone confident and excited!
- If everything doesn't go perfectly, who cares! Move on and know that won't happen again. Keep the team in the same mindset.
- Make sure to be respectful and cheer for everyone! You set the tone for the rest of the team!

**Other Items:**

- Help with promoting tryouts.
- Help to organize at least 1-2 team bonding events during the season.
- Anything else that you can do to make this the best year yet!
- Organize a time to make posters to be hung in the school, at games or competitions.