



Gull Lake High School Competitive Cheer Tryouts 2019

Welcome & thank you for your interest in the GLHS Competitive Cheer team!

SIGN UP!

https://docs.google.com/forms/d/e/1FAIpQLSdzxwJFaUnKonKa98PWvbh9C5YXof9fDKxemiRk-MXII09tCw/viewform?usp=sf_link

TRYOUT DATES:

The tryouts will take place at Gull Lake High School, in the auxiliary gym. **Athletic attire is REQUIRED for participation in all activities.** Athletes who arrive without the proper attire (tshirt, shorts, socks, cheer shoes/ other athletic footwear) will be asked to sit out until their parent arrives to pick them up.

Tues, November 12th 3:45pm-6:45pm	Tryout Day 1 (required)
Thurs, November 14th 3:45pm-6:45pm	Tryout Day 2 (required)
Sat, November 16th 9am-12pm	Team Camp (required for all girls who make the team)
Sat, November 16th 12pm-1pm	Parent Meeting (required for all girls who make the team)

Tryout Day 1 will serve as our teaching day. Athletes will learn one of our rounds in its entirety. They will also be placed in tryout groups for the following day.

Tryout Day 2 will be our “formal” tryout. Candidates will be evaluated in small groups on several different measures (Scoresheet is attached to this packet). After all groups have been evaluated, Coaches will make their determinations. Each athlete will be sent home with an envelope that includes the result of their tryout. Athletes are not to open these envelopes until they have left campus.

Team Camp will take place in our home gym, where all of the other tryouts took place. This will allow us to get a head start on team bonding and learning the material for the season. Attendance is mandatory due to the amount of material to be covered. Following camp, we will have a parent meeting. In this meeting, we will discuss the expectations for the season and introduce coaching staff to parents.

If your athlete is unable to attend both tryouts, but is interested in participating in competitive cheer, please contact us. If we have room on the team after our initial tryout, we may hold a makeup date.



ADDITIONAL REQUIREMENTS:

1. **Athlete must have a physical on file at the time of tryouts**
2. Pay to participate fee paid to school
3. Acceptance to the team will require parent & athlete agreement to follow our code of conduct, and to read and sign our cheer manual.
4. All team communication will be conducted through the Heja app. Athletes will not receive uniforms until this requirement is met.

Brief Code of Conduct (expectations will be communicated in more detail at tryouts)

1. Team members will not be allowed to practice or participate in a competition if they are not dressed properly (athletic shoes, shorts, t-shirt), wearing fake nails or having nails longer than safety rules allow, or wearing jewelry of any kind.
2. School detentions/suspensions, skipping classes, unexcused absences, bullying, and disrespectful behavior will all be evaluated on a case by case basis. Girls who violate these rules may be required to sit out of all or part of a competition, or in serious cases might be dismissed from the team.
3. The coaching staff may establish additional rules as deemed necessary to run the team in an effective way.

FINANCIAL COMMITMENT:

The financial commitment will include the purchase of cheer shoes (if needed), a team t-shirt, and a competition bow, the \$75 pay-to-participate fee is also mandatory each season (turned in to the school). A detailed financial breakdown will be available at tryouts.

TIME COMMITMENT:

Cheerleaders are expected to be at every practice and competition, and if absent, to communicate directly with their coaches (preferably in advance). Parents should also commit to a certain level of participation on our team. Each year, Gull Lake hosts 4 home competitions, which are a lot of work for our both our coaching staff and athletic department. We expect both high school athletes and their parents to volunteer at our competitions whenever they can (at least once per season, both athlete & parent).



SEASON SCHEDULE:

Practice times are to be determined and will be handed out at the parent meeting. Our competition schedule is as follows:

12/14	CCCAM @ Paw Paw
12/16	SMAC #1 at Loy Norrix
12/19	GLMS WinterFest (Varsity Working)
12/21	Big Red Invite @ Paw Paw
1/11	Blue Devil Invite
1/13	SMAC #2 at Lakeview
1/18	Wildcat Invitational @ Mattawan
1/25	Bulldog Classic @ Otsego
1/27	Competition for a Cause @ Gull Lake
2/10	SMAC #3 at Mattawan (senior night)
2/15	Delta Plex
2/17	GL Open
2/22	Districts @ Thornapple Kellogg
2/29	Regionals
3/6 & 3/7	State Finals

****For additional questions regarding high school tryouts, please contact the GLHS athletic office****



TRYOUT SCORING:

Athletes will be evaluated on a scale from 1-5 on the following skills

1. Basics
 - a. Motions
 - i. Punch
 - ii. Placement
 - b. Vocals
 - c. Facials (smiling, excitement)
2. Skills
 - a. Herkie
 - b. Toe Touch
 - c. Splits
3. Tumbling
 - a. Handstand
 - b. Cartwheel
 - c. Round Off
 - d. Back walkover
 - e. Back handspring
 - f. Other
4. General Conditioning/Athleticism
5. Attitude
6. Behavior
7. Stunting

The scores on these skills will determine round placement, and will also serve as a benchmark with which we can measure improvement and celebrate success!