

GLHS SIDELINE CHEER INFO PACKET

May 16, 2019

Greetings Cheer Candidate and Parents:

We are excited about your interest in our program! We have a long tradition of being great game cheerleaders, school spirit leaders, and positive community representatives. We hope your choice to join us will lead to many valuable life lessons in terms of physical skill development, confidence, and leadership. It is our goal to create Varsity and JV teams so athletes develop based on their level of experience and skill, but we will adjust according to participation.

Our program is continuously evolving and we are always looking for new ways to help our athletes grow into the potential that we know that they have! Which is why this year we are changing up the way that we do things around here. First major change is going to be in the way that Varsity and Junior Varsity teams are decided. Instead of holding tryouts in May, we are going to hold three clinics where the coaching staff will evaluate each athlete to find their current skill level and abilities. From there, we will be holding summer workouts starting June 4th and running through mid-July. While the summer workouts will not be mandatory, it is in the best interest of the athlete to attend as many of these summer workouts as possible. Not only will it allow the athletes to get stronger and prepare them physically, mentally and emotionally for team camp and our first game, but it will also allow the coaches to determine who is truly dedicated to the sport and their team. This is not to say that if an athlete has to miss a few summer workouts for family vacations here and there, that they will not be able to make Varsity. . . Communicating such absences in advance will also show dedication and responsibility to the coaches. Teams will be decided just before we depart for Team Camp at the end of July, which brings me to our second change this season!

For the past few years, we have been running our own DIY camp through the Pretty Lake Adventure Center. Now that our numbers are starting to grow and our talent pool is also expanding, I feel that it is time to start sending our athletes to a more professional cheerleading camp with Champion Cheerleading at Alma College. This type of camp is going to be a little more expensive than in years past, however, it will be a great opportunity for our athletes to bond with each other as well as cheerleaders from other schools. These types of camps will allow our athletes to work with staff members who can help train them in new stunting techniques, tumbling tips and are trained to help with team bonding as well.

A parent must attend a **Mandatory Parent Meeting** which will provide information on coaches, coaching philosophies, rules and expectations, camps, fundraising, season schedules, and more.

Friday, May 31 @ 6:00pm in the High School Career Center

Candidates **must attend two** of the three clinics, but are encouraged to attend all:

Clinic	Tuesday, May 28, 3:00-5:00	GLHS Track
Clinic	Wednesday, May 29, 3:00-5:00	GLHS Track
Clinic	Friday, May 31, 3:30-5:30	GLHS Track

Through the clinics, candidates will learn and perform chants and required jumps. They will practice and perform, according to their skill level, tumbling skills and stunts. Athletes will be evaluated on their current skill level which will be used later in the summer to determine team placements.

Clinics will **only** be open to candidates and coaches. Athletes should wear regular shorts, a t-shirt, and good athletic shoes; they should have their hair up and out of their eyes, and remove **all** jewelry.

Candidates must **print a copy of their grades from Synergy and turn it in with the code of conduct and application with candidate/parent signatures** by Friday, May 31.

There is more information in the pages that follow. We hope this gives you a good idea of what to expect, and we look forward to working with you. Sideline cheer may already be something you love, or it may come to be, either way we look forward to sharing the journey with you.

Sincerely,

Dana Green
Varsity Head Coach
coachdanagreen@gmail.com

Maddie Greene
Varsity Assistant Coach
madelynagreene@yahoo.com

Cheer Website: <https://goglbluedevils.com/main/teamNews/id/3624882/seasonid/4358292>

GLHS CHEER CODE OF CONDUCT

All of the Gull Lake High School academic and athletic rules concerning eligibility requirements and the use of illegal substances are in effect for our program.

In addition, we have established the following rules to maintain the safety, professionalism, and the pride that are essential to GLHS cheer. By signing and returning the attached form, you are agreeing to abide by these rules and all cheer coach decisions. These rules are intended to help guide athletes in responsible, ethical, and mature decision-making. We believe these rules help foster good communications skills, time management, and team building. The rules will be enforced.

All Gull Lake Athletes are discouraged from getting or having tattoos. If they choose to do so, the tattoo must be completely covered while they are participating in athletic events representing GLHS.

The coaching staff may establish additional rules as deemed necessary to run the team in an effective way.

Please visit our digital cheer manual for complete rules and guidelines for our student-athletes.

<http://anyflip.com/gmemh/bvfs/>

Physical

Candidates must have a physical on file in the athletic office in order to practice and participate in games. Physicals will be offered at GLHS on Wed. May 22 at 6:00p.m. for \$20. The physical form/paperwork is available online at gulllakecs.org, under the Athletics tab. Athletes must print this and bring it to the physical. New physicals must be on file with Athletic Office by August 5, 2019.

This form can be found at goglbluedevils.com >> Athletic Office Info >> Forms >> Physical 2019-20 pdf

Schedule

The summer schedule will be distributed at the clinics/parent meeting and will be posted to the cheer website. Our focus conditioning, stunting and tumbling. Athletes will be asked to attend three practices/week. They will also be encouraged to attend gymnastics one day each week. There will be two professional stunt camps. There will be a three day team camp. Athletes must communicate vacation and work conflicts with coaches **in advance**.

Mandatory practices will begin August 6 in preparation for the first football games the week of August 26. Athletes not attending these practices may not be able to start in the first game. Once the school year begins, JV will practice or attend the gym Monday through Wednesday, and have games on Thursday. Varsity will practice or attend the gym Monday through Thursday, and have games on Friday.

Communication

I am a full time college student and will be working full/part time throughout the season. This means that I will not always be able to reply to emails or text messages immediately. My goal this year is to schedule time to read and respond to emails each night from approx. 9-10pm. However, I ask that you please allow 24-48 hours for a response. Text messages will be responded to as soon as I possibly can. I will also send out reminder emails throughout the summer. Once mandatory practices begin, emails will be sent out weekly usually by Sunday night of the coming week. I also ask that parents abide by the 24 hour rule if they have a complaint or are upset due to conflicts, miscommunication, or other factors.

Financial

Costs for which each participant is responsible

Gym Costs	\$30 annual gym registration fee \$120 Summer (2 – 5 week sessions) / \$60 each \$72 Fall (6 classes)
Team Camp	TBD
Stunt Camp	TBD
GLHS Participation Fee	\$75
Game Day Bow	\$15
Warm Up	\$55 (if new to the sport)
Shoes	\$50 (if new to the sport)
Bodysuit	\$15 (if new to the sport)
Jazz Pants	\$5 (if new to the sport)

Transportation

Busses will transport Varsity athletes to away games, and parents will share in driving athletes home. Busses will transport JV athletes to and from away games. This will be scheduled early and published. All athletes will be required to ride home or back to the high school with their parents or the parents of another cheer athlete.

Athlete Information

<u>Name:</u>	<u>Grade for Fall 2019:</u>
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Address:

<u>Athlete's Cell Phone:</u>	<u>Parent Phone:</u>
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Athlete's Email:

<u>Facebook Page Name:</u>	<u>Twitter Name:</u>
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<u>Instagram Name:</u>	<u>Snapchat Name:</u>
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<u>Parent's Name:</u>	<u>Parent's Email:</u>
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<u>Team you are trying out for:</u>	Varsity	Junior Varsity	
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<u>Current Sizes</u>	Shorts:	Fitted Tees:	Regular Tees:
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Medication you are allergic to:

Other Clubs, Organization and Sports you are currently involved with:

What can you contribute to the GLHS Sideline Cheer Team?

What makes a team culture feel good/comfortable to you?
