

FJH Cheerleading Information

Tryout Dates and Times:

Clinic - March 9-11 (4:30-6:30)

Tryouts - March 12 (8th: 4:30-5:30; 7th: 6:00-7:00)

Must have attended one of the parent meetings to try out!

Location: Cheer Shack

Students must have a ride from the junior high to the cheer shack!

The Cheer Shack is located at the Old or Former Junior High next to tax office (402 Laurel Drive) or school board room.

Address: Or next to the two gyms (405 Woodlawn)

****Please do NOT block or park and wait in the bus loop** - You can drop off and wait in the parking lot of the tax office or on Woodlawn street.

****Eligibility/Cheer Constitution** - MUST BE PASSING ALL CLASSES on report card for second nine weeks to attend clinic or have regained eligibility at the progress report periods. All can attend tryouts.

Selection of cheerleaders will be based on the following:

- A cheer and a dance that will be taught to you during clinic
- Jumps, Running tumbling, Standing Tumbling
- Voice Projection, Spiriting, Crowd Appeal, Athleticism and Physical Fitness

What to Wear to Tryout Clinic & Tryouts?

Clinic

- Black athletic shorts or black shorts or spankies and a blue shirt. Sports bras must be worn.
- Your hair should be in a high ponytail and a white bow.
- Cheer Shoes or gym shoes and no show socks.
- No denim shorts, no jewelry, no nail polish and no artificial nails.

Tryouts

- Wear black athletic shorts or black spankies, and a plain, solid white t-shirt (no tank tops)
- Sports bras must be worn.
- Your hair should be in a high ponytail and a white bow.
- Cheer Shoes or gym shoes and no show socks.
- No denim shorts, no jewelry, no nail polish and no artificial nails.

Communication During Tryouts:

- We will be communicating via email and Band during tryout week and posting on a current **CANVAS** CHEER website. **BE SURE TO FILL OUT a Communication Form and Waiver and turn in to Coach Sosa - DUE MARCH 5**

Purpose and Philosophy

The purpose of the cheerleaders is to support the curricular and extracurricular activities of the FJH by promoting school spirit. We are not just a competitive team. We are first a Game Day team promoting and supporting school spirit.

Being a cheerleader is an honor and special privilege. Cheerleaders exist to promote good sportsmanship, good citizenship and wholesome and enthusiastic school spirit. Cheerleaders are first and foremost representatives and ambassadors of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the FJH Student Code of Conduct.

Members of this group have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these special responsibilities, members of the cheerleading squad will be expected to maintain higher standards of behavior, both on and off the campus, and higher standards of academic achievement than that of their peers.

Objectives and Commitment

Cheerleaders are expected to be skilled in learning and remember cheers. They are also expected to be able to publicly demonstrate a skill level suitable for group performance. In addition, the skills shown at the tryouts should be improved upon throughout the entire school year. Off the field/gym floor, cheerleaders are to enthusiastically support all school groups through advertisement, personal attitude, and attendance at events designated by the sponsor.

If you are Selected For Game Day

- A Mandatory Meeting for the '21 - '22 Cheerleaders and a parent/guardian will be **March 31, 2021 at 6:00 at FJH.**
 - A payment of \$500 will be required.
- Uniform fitting will be done virtual. More information to come.
- Game Day Practices will begin in **MAY 4:00-6:00 at FJH in 6th Grade Gym**
 - These practices are mandatory. Work schedule and extracurricular activities should be arranged so the cheerleaders are at each practice. This is where cheerleaders learn most of the cheers for games.

Financial Comment

Cost for cheerleading is paid for by the parent and will include but not limited to the following: uniforms, pom-poms, cheer shoes, practice wear, summer camps, backpack, travel wear, cheer activities, and other expenses as they occur over the season.

Cheerleaders will pay the full cost of their uniform and travel wear the day of the parent meeting following tryouts. **This cost is non-refundable.**

If for any reason you no longer decide to do cheer for any reason, all items purchased are non-returnable therefore non-refundable.

2021-2022

ESTIMATED COST SUMMARY

| Expenses | Game Day | + Additional Competitive Fees |
|---|-----------------|--------------------------------------|
| Uniform & Bow * | \$300 | \$210 (body liner/sleeves) |
| Practice Wear and bow | \$150 | |
| Backpack and Leggings & Jacket | \$260 | |
| Poms | \$50 | |
| NCA Home Camp | \$200 | |
| ASR Training Fees/ Registration/Choreography** | | \$850 |
| NCA Competition Fees | | \$290 |
| NCA Competition Team Hotel/Basket/Travel | | \$325 |
| NCA Food/NCA shirt | | \$80 |
| Parties/Socials | \$50-\$75 | |
| Total <u>Estimated</u> Expenses over the year | \$1,035 | \$2,600 |

- ASR will auto bill monthly to card on file starting in August approximately \$95/mo (Aug thru Feb) + an estimated \$50 choreography fee for (usually Aug, Sept, Oct).
- Dallas NCA additional fees (2-4 girls/room = \$175-\$250 (for two nights) + \$76/person (charter bus) approximately \$1900/25)
- White Cheer shoes will need to be purchased. These can be purchased through Varsity at time of ordering, or at a local sports store, online, or sometimes through ASR infinity rep. Cheer shoes are mandatory and can cost anywhere from \$60-\$130 depending on brand, style, store, and sales.

Time Commitment:

Summer Camp:

- **NCA - All Cheerleaders**

Time: TENTATIVE August 5-7 (To be Confirmed)

Location: Friendswood Cheer Shack

Practices

- Game Day will practice on **Wednesdays from 4:15-5:15 starting in August** and occurring every week
- Game Schedule for cheering during football season will be released in August
- Game Schedule for cheering during basketball season will be released in November

Competitive Team

- **Competitive Team Tryouts - Must provide transportation to ASR**
 - Open to any current Game Day Cheerleader
 - **Date - May 15th**
- Additional cost, time, practices, travel, transportation, expectations
- Must be able to **provide YOUR OWN, ON TIME transportation TO and FROM PRACTICES to Cheer Shack.**
- **Days of practice could change - but are tentatively MONDAY and THURSDAY**
 - **Will start in AUGUST - 4:30-6:30 at the Cheer Shack**
 - **Holiday Practice - Mandatory**
 - Must be able to attend various Saturday practices as called upon by coaches when needed, and extra weekly practices when needed
 - Must be able to be in attendance the entire length of practices - school cheer comes first.
- Must be able to **maintain and improve any skills** performed at tryouts to remain on competitive team
- Tryout process:
 - Filling positions to make a stunt group
 - Observations for tumbling, stunting, and filling required/needed positions
 - Being coachable to learn formations, counts, constant changes, etc.
 - Being able to have high demands of tumbling, jumps, and dance ongoing at every practice the entire - season
- If you tumble at tryouts you are expected to tumble **at the same level and higher for the season.** If you are unable to carry out the skills you had at tryouts in practices, **you will be removed from the competitive squad**

Physicals

All Cheerleaders must have a CURRENT Physical on file for the 21-22 year with the trainer at the high school. Physicals must be done AFTER May.

Don't wait until school starts to get the physical. It takes several days or up to a week for the paperwork to get in the system for the district. All physical paperwork is turned in to the HIGH SCHOOL TRAINER office - not FJH. Paperwork for physical and other registration is done in RANK ONE for ALL CHEERLEADERS. You do NOT turn in physical paperwork to FJH or FJH Coaches.

There are several forms in RANK ONE that need to be filled out by the parent digitally and submitted digitally. You must first make a Rank One account then you can start the new year paperwork.

- First - Create or update online - Parent Rank 1 Account - directions can be found on the Friendswood High School Website under athletics and physicals.
- You can get your physical completed with your own doctor. You need to take the paperwork with you and be signed by the doctor. All other forms required are online in Rank 1, including the physical paperwork.
- You are responsible for turning in the physical paperwork on time to the HIGH SCHOOL. Offices/buildings are closed in July.
- **PHYSICAL** turned in and **online forms completed** **MUST BE COMPLETED PRIOR TO FIRST DAY OF PRACTICE IN AUGUST** in order to participate.

2021-2022 ESTIMATED - YEAR AT GLANCE

Our year will include these events and can be more. The coaches reserve the right to add events and practices and make them mandatory. This is just an "At Glance" - these dates are subject to change.

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| MARCH | |
| Dates - March 9-11 4:30 - 6:30 | Cheer Clinic Tryouts at Cheer Shack |
| Date: March 12 | Cheer Tryouts - Cheer Shack 8th Grade 4:30-5:30 (times are estimates) 7th Grade 6:00-7:00 (times are estimates) |
| Date: March 31 6:00 | Tryouts, New Squads, Parent Meeting \$500 Payment Due |
| APRIL - Set up a Rank 1 Parent Account if you have not already done so - ALL PHYSICAL PAPERWORK is COMPLETED and PRINTED ONLINE and TURNED INTO HIGH SCHOOL. | |
| Date of Completion - To Be Determined | Virtual Varsity Fitting - Parent Must be Present |
| MAY - Set up a Rank 1 Account and get online physical paperwork completed. ALL PHYSICAL PAPERWORK GETS TURNED INTO HIGH SCHOOL. | |
| May 6 - Tentative 4:00-6:00 | Mandatory Practice - 6th Grade Gym |
| May 13 - Tentative 4:00-6:00 | Mandatory Practice - 6th Grade Gym |
| May 13 - Tentative | \$500 Payment Due or balance on account |
| May 15 - Competitive Tryouts | Competitive Tryouts at ASR Wear All BLACK - Black Nike Pro Shorts or compressions shorts or runner shorts. Black, fitted tank top. White Bow. White NO SHOW SOCKS and white cheer shoes |
| BEFORE the 18th | Make sure you have set up a Rank 1 account and completed online physical info BEFORE going to do your physical |
| To Be Determined | Athletic Physicals at High School - Cash Only |

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| May 20 - Tentative 4:00-6:00 | Mandatory Practice - 6th Grade Gym |
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| JUNE - Complete and Turn-In Physical to HIGH SCHOOL | |
| June 12 | Final Varsity Cheer Gear Balance due for Competitive Team |
| JULY - Open Month - Potential NCA Camp at the END of the month | |
| AUGUST | |
| August 5 | Monthly Billing from ASR begins for Competitive Team Coaching Fee + Choreography Fee |
| August 5-7 Tentative | NCA Camp **camp is pending final registration |
| August 17 | 1st Day of School |
| August 25 | Practice Starts - Game Day - FJH *Football schedule will be released |
| August | Competitive Team Practice Begins Dates and Location To Be Determined |

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| September Tentative Practices - Game Day Practice (7th/8th) - Wednesday - 4:15 - 5:15 (Coach Darilek, Coach Sosa) 7th Game Days - Mondays (Coach Darilek) 8th Game Days - Tuesdays (Coach Sosa) Competitive Practices - Every Monday and Thursday 4:30 - 6:30 at Cheer Shack (Coach Meyer) | |
| September 6 | Monthly Billing from ASR Coaching Fee + Choreography Fee |
| September 6 | Competition Team Fundraiser - Butterbraids - All ONLINE with order and payment |
| Date To Be Determined | Competitive Team Only Competition Fee Due Apprx \$70 Lonestar Cheer Competition - NRG in NOV |

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| October |
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| Game Day Practice or Games Competitive Practices (twice a week) | |
| October 4 | Monthly Billing from ASR Coaching Fee + Choreography Fee |
| Date To Be Determined | Fall Pep Rally |
| Date To Be Determined | Competitive Team Only Competition Fee Due Apprx \$70 Cheer Competition - in Dec - Cheer Power |
| Date To Be Determined | Comp NCA Misc Fees Due Apprx \$80 |

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| NOVEMBER Game Day Practice Competitive Practices (twice a week) | |
| November 1 | Monthly Billing from ASR Coaching Fee |
| Date To Be Determined | Competitive Team Only Competition Fee Due for NCA Apprx \$182 Cheer Competition - Jan in Dallas NCA NATIONALS |

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| DECEMBER Game Day Practice TBA, Basketball Schedule TBA Competitive Practices (twice a week) | |
| December 6 | Monthly Billing from ASR Coaching Fee |
| Basketball Games | |
| Date to Be Determined | Competitive Team Only Hotel fee for NCA Apprx \$100 Cheer Competition - in JAN in Dallas |
| Date To Be Determined | Cheer Team Holiday Party Apprx \$40-\$50 7th and 8th Grade GAME DAY Gift Exchange |

JANUARY**Game Day Practices TBA - Basketball Schedule TBA****Competitive Practices (twice a week)**

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| January 5 | Monthly Billing from ASR Coaching Fee |
| To Be Determined | Competitive - Travel expenses to Dallas |
| Basketball Games | |

FEBRUARY**Game Day Practices TBA - Basketball Schedule TBA****Competitive Practices - One Day a week - Day and Place TBA**

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| February 7 | Monthly Billing from ASR Coaching Fee <i>(lower fee for this month)</i> |
| | Competitive Practice - One Day a week |
| Basketball Games | |

MARCH

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| | Spring Pep Rally (either late Feb or March) |
| | New Year Tryouts |

Cheerleader Contact Form:

**Turn this page and WAIVER into Coach Sosa (Rm 6102) -
Friday, March 5th**

Cheerleader Name:

2021-22 School Year Grade (Circle One): 7th 8th

Parent Name:

Parent Phone Number:

Parent Email:

RELEASE OF LIABILITY FOR MINOR PARTICIPANTS - FRIENDSWOOD JH CHEER

READ BEFORE SIGNING

IN CONSIDERATION OF my child/ward being allowed participate in any way in FRIENDSWOOD JH CHEER related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability, injury, and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and,

1. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and,
2. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention of the nearest official immediately; and,
3. I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS FRIENDSWOOD JH CHEER; its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
4. I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
5. I, the parent/guardian, assert that I have explained to my child/ward: the risks of the activity, his/her responsibilities for adhering to the rules and regulations, and that my child/ward understands this agreement.

I, FOR MYSELF, MY SPOUSE, AND CHILD/WARD, HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Child/Minor Participant: _____

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date Signed: _____

UNDERSTANDING OF RISK

I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

Name of Child/Minor Participant: _____

Signature of Child/Minor Participant: _____

Date Signed: _____