



Columbus East High School

2018-2019

Cheerleading Try-out Information

Dear Cheer Candidate,

Thank you for your interest in the Columbus East cheer program! We are looking for dedicated, responsible athletes to make up our freshman, junior varsity, and varsity cheer squads.

The following information contains an overview of the requirements for our cheerleaders as well as details on the tryout, scoring, and selection processes. Please read ALL of the information thoroughly with your **parent/guardian** before deciding to make a commitment to our program. You will be expected to adhere to these requirements and need to be sure you are prepared to do so.

The required forms must be received by the **East Athletic Office on or before April 13th** in order to be eligible to try-out. This information is also available on the East website. <http://www.columbuseastathletics.org>

Thank you again for your interest. Good luck!

Jennie Robertson, Varsity Coach jrobertson@nhj.k12.in.us

Jamie Doughty, JV coach

Hannah Moore, Freshman coach

Expenses and Time Commitments

Projected expenses

Your financial obligation will depend on if you have been an East cheerleader before, what squad, what season and if you choose to fundraise. Note that there is no accommodation for financial assistance through CEHS. We will have one individual fundraiser at the beginning of the season. The estimated total a cheerleader could spend is approximately \$700 if she needed everything. A payment depending on the squad you make will be due the night of the fitting. This would cover the following types of expenses:

- Socks, cheer shoes, bows, spandex, crop top, uniform top, warm ups, poms
- Camp/practice/spirit wear: 2 shorts, 2 T-shirts

ALL cheerleaders are expected to attend all practices/events up to and including camp.

- **Tuesday, April 24 6:30 pm:** Mandatory Parent/Cheerleader Meeting/Fundraiser kick-off
- **April 26th:** Fitting (a payment will need to be made that night)
 - Varsity- 5:45pm, JV- 6:15pm, Freshman- 6:30 pm
- **May 1st, 3rd, 8th, 10th, 15th, 22nd, 24th 6:00 - 8:00 All Squads Practice**
- **May 19th Mandatory Stunt clinic (Whiteland High School)**
- **May TBD Mandatory Car Wash**
- **July 2nd - 7th ALL squads off** Moratorium week (No athletic events or practice)
- **July 10th, 12th, 19th, 31st 4:30 pm – 6:30 pm Practice – All Squads FB & BB**
- **July 23rd - 25th Cheer Camp @ East 8:30 am - 5:00 pm**

Time Commitments per Season

ALL practices, games, and cheer functions are mandatory within your season. As with all East athletes, cheerleaders are required to attend all games during balanced calendar breaks. (Example: Fall break, spring break). This should be considered when making a decision to be part of our program.

Varsity Squad:

Football: Cheers all home and away Varsity games including sectionals

Basketball: Cheers all home boys and girls games, games at North, sectionals

Junior Varsity Squad:

Football: Cheers all home games, Varsity North/East and Homecoming

Basketball: Cheers all home boys and girls games, participates in time-outs for all home games and Varsity games at North

Freshman Squad:

Football: Cheers all home freshman games, Varsity North/East game and Homecoming

Basketball: Cheers all home boys / girls freshman games

2018 - 2019 CEHS Cheerleading Try – Outs

General Information

All tryout sessions are closed to the public. Only candidates, judges and coaches are permitted in the try-out area during clinic and final try-outs day.

Appearance is VERY important and will be a part of your score each day, including clinic days!
Candidates need to be completely ready upon arrival for all clinics and tryout day.

Clinic Sessions: **Monday, April 16th , Tuesday, April 17th, Wednesday, April 18**

6:00 – 8:00 Auxiliary Gym

All try-out material will be taught at these sessions. Candidates will receive points for attendance, promptness, work ethic, appearance and attitude. Enter through the glass doors at the Main Athletic Entrance (doors will be marked). Check in starts at 5:30, clinic begins at 6:00 sharp.

Required dress for each clinic session:

1. Tennis shoes or cheer shoes and white socks
2. Solid colored shorts (no writing)
3. Solid colored t-shirt (any color, no writing of any kind, no sleeveless or tank tops)
4. Hair must be in a neat ponytail with a bow or ribbon of your choice
5. NO jewelry of any kind or headbands
6. NO gum
7. NO visible tattoos
8. NO colored fingernail polish (French or clear is fine)

Final try-out Saturday, April 21st 8:00 am - 1:00 pm

8:00 am check in /warm up 8:30 am Try-outs East Auxiliary Gym

Doors will open at 8:00 am and re-lock at 9:00 am. Candidates are required to leave the building as soon as their try-out is over. All candidates will return to the Main Athletic Entrance at an appointed time to receive an envelope with their personal results inside. All candidates will be dismissed at the same time. **Envelopes should not be opened until all candidates are out of the building.** If you return late to pick up your envelope and no one is at the door, we will send your envelope to you via inter-school mail.

Required dress for Final Try-outs:

1. Solid white, short-sleeved t-shirt (no writing of any kind, no tanks or sleeveless)
2. Solid colored shorts (no writing)
3. Tennis shoes or cheer shoes and white socks
4. Hair must be in a neat ponytail with a bow or ribbon of your choice
5. Make-up can be worn to enhance your features if you choose but do not go overboard (no glitter, heavy eye liner, etc.)

2018 - 2019 CEHS Cheerleading Try-outs

Scoring and Selection Process

Chant (10pts.):

Memory, motion technique, execution, voice, confidence and spirit

Cheer (10 pts.):

Motion technique, execution, voice, confidence and spirit

Dance (10 pts.):

Execution, technique, rhythm, crowd appeal, confidence and spirit

Jumps

- **Toe – Touch (10 pts.):**

Height, technique, control, pointed toes, straight legs, landing

- **Jump Combination (10 pts.):**

Difficulty, creativity, height, technique, control, pointed toes, straight legs

Example: toe-touch- back handspring, right side-left side, toe-touch or pike – BHS –tuck. Be creative

Tumbling: Please be aware you will be expected to perform these skills during the season.

- **Standing Tumbling (1- 5 pts.)** (must perform min or BHS to score 3 points or higher)
Difficulty, technique, execution
- **Running Tumbling(1 – 10)** (must perform min of BHS to score 3 points or higher)
Difficulty technique, creativity

Appearance and overall impression (10pts)

Enthusiasm and Leadership (10 pts.)

Total points possible per judge = 85 X 3 judges = 255

Clinic evaluation (10 pts.)

Attendance, promptness, work ethic, appearance, attitude

Total points possible per candidate: 265

Selection

Scores are totaled and candidates are ranked according to total points scored. There are a limited number of spaces available for each squad per season. Freshman are eligible only for freshman squad. Candidates who were East cheerleaders, your attitude, dedication, and work ethic will be taken into consideration. Previous years' team members do not automatically qualify for any spot on the 2018 - 2019 team.

2018 - 2019 CEHS Cheerleading Tryout

Parental Permission and Student Agreement

**This form must be submitted to the East Athletic Office on or before
Friday, April 13th to be eligible to try out.**

Parental consent and agreement:

I have read and understand the 2018 - 2019 Columbus East High School Cheerleading Try-out information. I understand that all forms must be submitted to the East Athletic Office no later than Friday, April 13th or my athlete will not be eligible to tryout. I understand the expense commitments involved and agree to make required payment on time. I understand the time commitments involved and will help my athlete fulfill her commitment to the sport. I understand that my athlete is expected to attend **ALL** practices, games and events as scheduled by the coaches including during balanced calendar breaks. I understand that there will be consequences for all unexcused absences. I support my athlete's decision to be a part of this program.

_____ has my permission to participate in cheer try-outs at CEHS for the 2018- 2019 school year.

Parent signature: _____

Date: _____

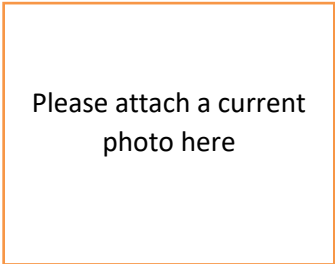
Student:

I have read and understand the 2018 - 2019 Columbus East High School Cheerleading Try-out information. I understand that all try-out forms must be submitted to the East Athletic Office no later than **Friday, April 13th** or I will not be eligible to try-out. I will be encouraging, positive and respectful to my teammates, classmates, coaches, and all faculty members at CEHS at all times. I will abide by all rules set by the cheer coaches and CEHS. I will accept the consequences handed down by my coaches and CEHS for not doing so, which I understand could lead to my dismissal from the CEHS Cheerleading Program. I will follow all safety rules as directed by the coaching staff. I understand that I am expected to attend **ALL** practices, games and events as scheduled by the coaches including games during balanced calendar breaks. I understand that there will be consequences for all unexcused absences.

Student signature: _____

Date: _____

Cheerleading Candidate Information



This form must be submitted to the East Athletic Office on or before Friday, April 13th to be eligible for try-outs.

Name: _____ Current Grade: _____

Address: _____

Parent/Guardian name(s): _____

Home #: _____ Cell # (parent): _____ Cell # (student): _____

Parents email : _____ Grades cheered: 5 6 7 8 9 10 11

Elementary and middle school attended: _____

Stunting preference (circle those that apply): flyer base back

Other activities (other school sports, club sports, dance, show choir, etc.) Athletes are ONLY allowed to be involved in one sport per season at East.

Season Preference

Which season do you prefer to cheer if you only make one season? (Check only 1)

_____ Football _____ Basketball

Would you like to cheer both seasons if possible?

_____ Yes _____ No

If you are a senior, are you willing to cheer JV?

_____ Yes _____ No

If there is a season that you cannot cheer, please state which season and why.

