



## Fox Chapel Area High School Cheerleading Tryout Packet 2020-2021



### Important Dates



**Paperwork DUE:** August 3, 2020

**Family ID Registration DUE:** August 3, 2020

**Tryout Clinic-Mandatory:** August 3-6 ~ 6:00pm-7:30pm @Auxiliary Gym

**Tryout Day:** August 7 ~ 6:00pm-7:30pm @Auxiliary Gym

**Parent Pre-Tryout Meeting:** July 27 ~ 7:00-8:00pm Room TBD

**Post Tryout Meeting:** August 19 ~ 7:00-8:00pm Room TBD

**Physicals Due:** August 4, 2020

**ImPACT Testing:** Will be done from home (more info to follow)

**Free Physicals** at the HS Field House on August 3, 2020 @ 8am

\*Results will be emailed to all participants on August 8, 2020

Dear Prospective Cheerleaders and Parents,

Thank you for your interest in becoming a member of the Fox Chapel Area High School Cheerleading team! Please read this packet carefully, as it contains important information regarding tryouts and sets forth some of the rules and expectations of being a member of the FCASD cheer squad. Once the team is chosen, you will receive a more detailed cheerleading packet.

We take pride in the cheer program at Fox Chapel Area High School and expect athletes to adhere to the rules. Attendance is mandatory at all games, practices, competitions and cheer camps. If you have any questions, please feel free to contact me.

Tryouts are closed to family and friends. This is for the safety of all concerned. No videotaping of routines will be allowed. This will give everyone the same advantage. Cheerleading candidates will be judged by a panel of qualified non biased outside judges. Tryouts can be stressful, so it is important that all candidates get plenty of sleep, eat regularly, and stay hydrated. Candidates should include a conditioning and stretching routine prior to and throughout tryouts to reduce incidence of injury. Any student who is chosen for the squad, during the August 2020 tryout, will be required to cheer for both the fall and winter seasons during the 2020-2021 school year. Please note - There will be no additional tryout for the winter season.

It is an honor and privilege to become a Foxes Cheerleader and your role on the team should not be taken lightly. As a squad, we do much more than cheer at games, we will take part in community service projects and pep rallies. Additionally, you will be a role model to the younger generations of Fox Chapel students and cheerleaders.

We look forward to cheering with you!

Cheerfully,

Aleta Balcer  
Head Coach

[Aleta\\_Balcer@FCASD.edu](mailto:Aleta_Balcer@FCASD.edu)  
(412) 513-8378

Shelley Zottola  
Assistant Coach

## Important information for the Cheer Season

- Varsity cheerleading is open to all students grades 9<sup>th</sup> – 12<sup>th</sup> for the 2020-2021 school year.
- All HS varsity cheerleaders will cheer for both home and away football and boys' basketball games, including playoffs. We may also be asked to cheer for other sports from time to time.

What to expect during the cheer season:

- 📣 Mandatory Summer Camp will be held the week of August 10, 2020.
  - Monday – Friday - 9:00am-5:00pm.
- 📣 Mandatory conditioning and practices will begin on August 11, 2020. During Football season, conditioning will begin at 5:30pm and practices will be from 6:15-8:30 on Tuesdays and Thursdays. During Basketball season, conditioning/practice times remain the same but will move to Mondays only.
- 📣 Community event information (for example: children's hospital toy drive) will be provided as early as possible.
- 📣 Information for any competitions we may participate in will be provided as early as possible. Competition season begins late October and runs through February. All competitions are mandatory. That is our time to shine!!
- 📣 Boosters/Fundraisers: The cheerleading program is supported through the volunteer efforts of our Booster Organization. The members of this organization work diligently to provide the girls with many of the "extras" that make our program so wonderful. While dates will be forthcoming, it is strongly encouraged that all team members participate in the fundraising efforts because in the end, the funds that are raised directly benefit our cheerleading program and the girls that participate. Please note that the booster fees will be explained during the post tryout meeting on August 19, 2020. The booster fees are separate and in addition to the fees listed below.

**Estimated** Costs of Supplies and Equipment: The items below are mandatory for all cheerleaders but some items may be used from last year

- 📣 Spirit shirts - \$30
- 📣 Spirit shoes - \$70
- 📣 Bows - \$35
- 📣 Spankies -\$ 13
- 📣 Ear Warmers - \$8
- 📣 Socks - \$4
- 📣 Poms - \$20
- 📣 Game bag - \$60 (optional)
- 📣 Raincoat - \$10
- 📣 Varsity Jacket - \$150 (new cheerleaders only)

There may be additional items available for cheerleaders and parents to purchase such as, but not limited to: sweatshirts, hoodies, fleece, vests, leggings and socks. These items will not be required, and can be purchased on a strictly volunteer basis through our booster organization.

## Tryout Information:

A tryout clinic will be held in the Auxiliary Gym Monday-Thursday from 6pm-7:30pm. It is mandatory that anyone wishing to tryout out for the upcoming season must be present during the tryout clinic as well as the actual tryouts.

Tryouts will be held in the Auxiliary Gym on Friday beginning at 6:15pm.

### 1. What to wear:

- a. Athletic clothing that fits properly and is comfortable.
- b. Athletic shoes or cheer shoes.
- c. Nails should be trimmed to an appropriate length.
- d. Hair must be worn in a ponytail.
- e. On tryout day, all cheerleaders must wear a solid black shirt and black shorts.

### 2. What not to wear:

- a. Jeans
- b. Jean shorts
- c. Flip flops
- d. Baggy clothing or any clothing that is too small.
- e. Jewelry
- f. Any previous cheerleading or dance attire. You will be asked to change. Shirts will not be allowed to be turned inside out as the printing still show through.

### 3. What to bring:

- a. Water, Water, Water
- b. Make sure you eat before or after the tryout clinic. Do not eat during the clinic.

## Tryout Clinic Details:

During the clinic, you will learn a cheer, chant, jumps and a dance. You will be evaluated on all areas. Other areas of evaluation will be as follows:

- 📣 Enthusiasm
- 📣 Appearance
- 📣 Vocalization
- 📣 Motions
- 📣 Sharpness









- 📣 Jumps
- 📣 Knowledge of cheers
- 📣 Knowledge of dance
- 📣 Confidence
- 📣 Stamina
- 📣 Strength

# Fox Chapel Varsity Cheerleading Tryouts

## Judges Score Sheet

Judge # \_\_\_\_\_

Candidate # \_\_\_\_\_

<u>Category</u>	<u>Possible Points</u>	<u>Points Scored</u>	<u>Comments</u>
 ENTRANCE			
Spirit, Crowd Appeal, Energy	5	1 2 3 4 5	
 JUMPS			
Toe Touch–Height, Form, Prep/Landing	5	1 2 3 4 5	
Alternate Jump–Height, Form, Prep/Landing	5	1 2 3 4 5	
 CHANT			
Communication Skills–Word Enunciation, Loud, Strong,	5	1 2 3 4 5	
Spirit & Enthusiasm - Expression, Facials, Eye contact, Excitement	5	1 2 3 4 5	
Motions–proper technique, placement, bold sharp controlled moves, Knowledge of cheer	5	1 2 3 4 5	
 CHEER			
Communication Skills–Word Enunciation, Loud, Strong,	5	1 2 3 4 5	
Spirit & Enthusiasm - Expression, Facials, Eye Contact, Excitement	5	1 2 3 4 5	
Motions–proper technique, placement, sharp controlled moves, Knowledge of cheer	5	1 2 3 4 5	
 DANCE			
Coordination, knowledge of dance,	5	1 2 3 4 5	
Motions, controlled moves, no visual counting, begins/ends on time	5	1 2 3 4 5	
Enthusiasm, facial expressions,	5	1 2 3 4 5	
 TUMBLING			
Cartwheel/Round-off	1		
Back Handspring	2		
Back Tuck	2		
 OVERALL IMPRESSION			
Confidence, Appearance, Enthusiasm, Crowd Appeal, Facials, Eye Contact	15		
 Teacher Recommendation			
Attendance, Tardy, Participation	0		
<b>TOTAL</b>	<b>80</b>		

**1 – Poor, 2 – Below Average, 3 – Average, 4 – Above Average, 5 – Excellent**

# Fox Chapel Cheerleading Self Evaluation Form

Student Name: \_\_\_\_\_ Grade for 2020-2021 Year: \_\_\_\_\_

Email address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
City State Zip

Parents Name: \_\_\_\_\_

Parents email: \_\_\_\_\_ Parents Cell: \_\_\_\_\_

Please take a moment to answer the following questions:

Have you ever cheered before: (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

If yes, mark your most recent stunting position: Base: \_\_\_\_ Back Spot: \_\_\_\_ Front Spot: \_\_\_\_ Flyer: \_\_\_\_

Do you have any tumbling skills: (Yes) \_\_\_\_\_ (No) \_\_\_\_\_ If No would you like to learn? \_\_\_\_\_

Why do you want to be a Fox Chapel High School Cheerleader? \_\_\_\_\_  
\_\_\_\_\_

What was something the cheerleaders did last year that you enjoyed? \_\_\_\_\_  
\_\_\_\_\_

What was something that you did not enjoy? \_\_\_\_\_  
\_\_\_\_\_

What would you like to see implemented in this year? \_\_\_\_\_  
\_\_\_\_\_

What would you bring to the team if chosen? Why? \_\_\_\_\_  
\_\_\_\_\_

What are you most proud of as a cheerleader? Why? \_\_\_\_\_  
\_\_\_\_\_

## 2019-2020 Cheer members only:

Of the current Juniors, who do you think is the best choice for captain and why? \_\_\_\_\_  
\_\_\_\_\_

Thank you for taking the time to complete this form.

Good luck at tryouts!