



# Fox Chapel Area High School Cheerleading Tryout Packet

2021-2022

Important Dates



**Paperwork DUE:** May 3, 2021

**Family ID Registration DUE:** May 3

**Tryout Clinic-Mandatory:** May 3-6 from 6-8 p.m. @Auxiliary Gym

**Tryout\* Day:** May 7 from 6-8 p.m. @Auxiliary Gym

**Parent Pre-Tryout Meeting:** April 20 from 7:30-8 p.m. @Aux. Gym

**Physicals Due:** August 1 (*not to be done prior to June 1, 2021*)

**ImPACT Testing:** To be Completed Online

**Free Physicals** at the High School on June 1 from 6-7:30 p.m.

\*Results will be emailed to all participants on May 7, 2021.

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 May 2021 tryout will be required to cheer for both the fall and winter seasons during the 2021-2022 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, pep rallies, and competitions. Additionally, you will be a role model to the younger generations of Fox Chapel Area students and cheerleaders.

We look forward to cheering with you!

Cheerfully,

Aleta Balcer  
Head Coach

Shelley Zottola  
Assistant Coach

## Important information for the Cheer Season

- Varsity cheerleading is open to all students grades 9-12 for the 2021-2022 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, as well as girls basketball, from time to time.

What to expect during the cheer season:

- ❏ Summer practices will be held on Tuesday and Thursday in the auxiliary gym (unless otherwise instructed by the coach) from 6-8 p.m. These practices are not mandatory, but are strongly encouraged. During this time, we will be learning cheers, chants, motions, dance, and stunts.
- ❏ Mandatory Summer Camp will be held the week of August 9, 2021.
  - Monday – Friday - 9 a.m.-4:30 p.m.
- ❏ Mandatory practices will begin August 16, 2021. Practices will be held in the auxiliary gym from 6-8 p.m. on Mondays, Tuesdays, and Thursdays from there on in.
- ❏ Mandatory conditioning with the strength and conditioning coaches will be prior to practices but the days are yet to be determined and will be provided as soon as the schedule is out.
- ❏ 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 usually begins in October and runs through February. All competitions are mandatory!
- ❏ 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 who participate.

**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 – \$100
- ❏ Bows – \$25
- ❏ Spankies – \$13
- ❏ Ear Warmers – \$8
- ❏ Socks – \$4
- ❏ Poms – \$20
- ❏ Game Bag – \$60 (optional)
- ❏ Raincoat – \$10
- ❏ Varsity Jacket – \$140 (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.

Beside the cost for the extra uniform pieces, each cheerleader is required to pay booster fees. The booster fees can range anywhere \$500-\$700 per person. This cost covers a variety of items, for example, camp, competitions, competition music, and a year-end banquet and gifts. The booster board will hold a meeting after tryouts and at that time they will review the costs and discuss future fundraisers to help offset the cost.

## Tryout Information:

A tryout clinic will be held in the auxiliary gym Monday-Thursday (May 3-6) from 6-8 p.m. It is mandatory that anyone wishing to tryout out for the upcoming season be present during the tryout clinic as well as the actual tryouts.

Tryouts will be held in the auxiliary gym on Friday (May 7) beginning at 6 p.m.

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>
 <b>ENTRANCE</b>			
Spirit, Crowd Appeal, Energy	5	1 2 3 4 5	
 <b>JUMPS</b>			
Toe Touch – Height, Form, Prep/Landing	5	1 2 3 4 5	
Alternate Jump – Height, Form, Prep/Landing	5	1 2 3 4 5	
 <b>CHANT</b>			
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	
 <b>CHEER</b>			
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	
 <b>DANCE</b>			
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	
 <b>TUMBLING</b>			
Cartwheel/Round-Off	1		
Back Handspring	2		
Back Tuck	2		
 <b>OVERALL IMPRESSION</b>			
Confidence, Appearance, Enthusiasm, Crowd Appeal, Facials, Eye Contact	15		
 <b>Teacher Recommendation</b>			
Attendance, Tardy, Participation	10		
 <b>Coaches Overall Impression during Clinic</b>			
Attentive, Follows Direction, Uses Time Wisely	10		
<b>TOTAL</b>	<b>100</b>		

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

# Fox Chapel Cheerleading Self-Evaluation Form

Student Name: \_\_\_\_\_ Grade for 2021-2022 Year: \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

Parent's Name: \_\_\_\_\_

Parent's Email: \_\_\_\_\_ Parent's 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 Area 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? \_\_\_\_\_

2020-2021 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!

# FC Cheerleading Student/Teacher Evaluation Form

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_ Subject: \_\_\_\_\_

Thank you for taking the time out of your busy day to complete this evaluation form. Please be 100% honest as we are using these evaluations to try and obtain the best all-around athletes for the FCAHS cheerleading program. Please return the form to the athletic department by May 3, 2021. Mrs. Mohn will add it to my mailbox. Please do not return the form to the student.

1. Is this student respectful? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

2. Is this student attentive in class? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

3. Does this student interact with others? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

4. Is the student capable of balancing cheer & academics? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

5. Does this student show pride/spirit for the school? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

6. Does this student finish class work / homework? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

7. Does this student come prepared for class? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

8. Is this student tardy and/or absent from class often? (Yes) \_\_\_\_\_ (No) \_\_\_\_\_

Comments \_\_\_\_\_

Rate student's overall behavior 1-10, with 10 being the best. \_\_\_\_\_

Teacher's Signature \_\_\_\_\_ Date \_\_\_\_\_

Thank you for your input. I really appreciate it.

Aleta Balcer

FCAHS Varsity Cheerleading Coach

## Application for Varsity (and JV) Cheerleading Tryouts



My daughter/son, \_\_\_\_\_ has my permission to try out for the Varsity (and/or possibly Junior Varsity) Cheerleading Squad for the Fox Chapel Area High School 2021-2022 seasons. I understand that she/he must abide by the rules and regulations set forth by the coaches, athletic director, and the principals of the Fox Chapel Area High School, and she/he must be present throughout the year for all practices, games, competitions, and any other events deemed mandatory by the coaches.

I understand that my child must attend the tryout clinic Monday, August 3-Friday, August 7 from 6-8 p.m., with actual tryouts on Friday beginning at 6 p.m., or my child will not be considered for a cheerleading position. Tryouts will be held in the auxiliary gym within the high school. I understand that my child will be evaluated by qualified judges for a non-biased score, and I agree to abide by the decision of the judges.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand there are risks and I will not hold Fox Chapel Area School District or any of its personnel responsible in the case of accident or injury at anytime.

I understand that all cheerleaders who make the squad are required to attend one week of mandatory summer camp the week of August 9. Times will be discussed within the tryout packet. Please schedule summer vacations around this week. Any missed days will count as **demerits** and ALL work will need to be made up **on the student's own time**. I understand regular mandatory weekly practices will take place beginning August 16 and will continue throughout the remainder of the two seasons.

I understand there are some costs associated with joining the cheerleading squad and I am willing to cover these expenses. I also understand that I am responsible for reimbursing the school district if my child loses or damages any items that were provided by the school district, such as uniforms.

Practice sessions for the 2020-2021 school year will be held during the evening unless otherwise notified by the coach. **I understand that cheerleading is a two-season sport (fall and winter) and that this is the only tryout for both seasons. I understand that there will be no additional tryouts.**

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
Date

I am interested in being a cheerleader for the Fox Chapel Area School District for the 2020-2021 school year. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches, athletic department, and the principals of Fox Chapel Area High School. I understand that, when in uniform, I am a representative of the district, therefore my conduct, language, and demeanor will be appropriate. I promise to cooperate and follow the instructions of the cheerleading coaching staff.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email Address for Tryout Team Announcement

\_\_\_\_\_  
2020-2021 Grade