



# Fox Chapel Area High School

## Cheerleading Tryout Packet 2022-2023



### Important Dates



**Student/Parent Pre-Tryout Meeting:** May 12, 7:30-8 p.m., FCAHS Aux Gym

**Final Forms Registration Due:** May 20

**Paperwork Due:** May 23

**Tryout Clinic (Mandatory):** May 23-25, 6-7:30 p.m., FCAHS Aux Gym

**ImPACT Testing:** Must be completed online prior to tryouts

[www.impacttestonline.com/schools](http://www.impacttestonline.com/schools), customer code 89798BDA2C

**Tryout Day\*:** May 27, 6 p.m.

**Free Physicals:** June 6, 5-6 p.m., FCAHS athletic training room

**Physicals Due:** August 5 (not to be completed prior to June 1)

\* Tryout results will be emailed to all participants on May 27!

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 FCAHS cheerleading team. Once the team is chosen, you will receive a more detailed cheerleading packet if you are selected for the squad.

Tryouts are closed to family and friends. This is for the safety of all concerned. Cheerleading candidates will be judged by a panel of qualified, unbiased, 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 the incidence of injury.

Any student who is chosen for the sideline/game day team during the May 2022 tryout session will be required to cheer for both the fall and winter seasons during the 2022-2023 school year. Please note: There will be no additional tryout for the winter season.

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 practices, cheer camps, games, and competitions. If you have any questions, please feel free to contact me.

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 pep rallies and community service projects, for example. 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 Cheer Coach  
[Aleta\\_Balcer@fcasd.edu](mailto:Aleta_Balcer@fcasd.edu)

Shelley Zottola  
Assistant Coach  
[Shelley\\_Zottola@fcasd.edu](mailto:Shelley_Zottola@fcasd.edu)

## Important Information for the Cheer Season

- Varsity cheerleading is open to all students in grades 9-12 for the 2022-2023 school year.
- There is one major change for the 2022-2023 season. **The 2022-2023 squad will consist of TWO teams. One will focus solely on game day cheering. Additionally, a competition squad will be chosen from members of the game day cheering squad should they wish to be considered.**
  - All students who make the game day varsity cheerleading squad will be eligible to be evaluated for the competition team based on skill set. The competition team will be chosen by the coaching staff.
  - All students who make the varsity cheerleading squad will cheer at game day events. Only those who make the competition squad will participate in several competitions throughout the year.
  - The entire cheerleading squad will participate in both football and boys basketball home and away games, including playoffs. The entire team also will cheer for girls basketball home games.
  - There may be other games or events that cheerleaders are asked to participate in from time to time.

## What to Expect During the Cheer Season

- Summer practices will be held on Tuesdays and Thursdays in the auxiliary gym (unless otherwise instructed by the coach) from 5:30-8 p.m. These practices are not mandatory but are strongly encouraged. During this time, we will be reviewing cheers, chants, motions, dances, and stunts.
- Mandatory competition team summer camp will be held the week of August 8.
- Game day team camp dates will be forthcoming.
- Mandatory practices will begin August 15. Practices will be held in the auxiliary gym from 6-8 p.m. on Mondays, Tuesdays, and Thursdays.
- Mandatory conditioning with the strength and conditioning coaches will be held prior to practices, but the days are yet to be determined. They will be provided as soon as the schedule is out.
- Each cheerleader will have 6 demerits per season (fall and winter) to use as necessary. This system is set up in order to teach the girls how to budget sick/vacation time in the real world. All girls will be held accountable to this system. Further details will be provided in our team rules and expectations handbook, which will be given after the team is established.
- Community event information (for example, Children's Hospital toy drive) will be provided as early as possible. These events are not mandatory but are encouraged.
- Information for all competitions we will participate in will be provided as early as possible. Competition season begins late October and runs through February. Competitions are mandatory for any cheerleader who is chosen for that team.
- 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.

- Although the basic uniform is provided, the estimated cost of other supplies and equipment is listed below. The items below are mandatory for all cheerleaders, unless noted.
  - Spirit shirts - \$30
  - Shoes - \$100
  - Spankies - \$30
  - Socks - \$4
  - Bows - \$15
  - Warm up pants - \$70
  - Ear Warmers - \$15
  - Poms - \$20
  - Game bag - \$60 (optional)
  - Raincoat - \$10
  - Bow Boxes - \$15
  - 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.

## Tryout Information

A tryout clinic will be held from 6-7:30 p.m. May 23-25 in the FCAHS auxiliary gym. It is mandatory that anyone wishing to tryout for the upcoming season be present during the tryout clinic, as well as the actual tryouts.

Tryouts will be held beginning at 6 p.m. May 27 in the FCAHS auxiliary gym.

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 shows 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, and 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 (2)</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 2022-2023 Year: \_\_\_\_\_

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

Home Address (including zip code): \_\_\_\_\_

Parent(s)/Guardian Name(s): \_\_\_\_\_

Parent's Email: \_\_\_\_\_ Parent's Cell: \_\_\_\_\_

**Please take a moment to answer the following questions:**

- 1) Have you ever cheered before (circle one): YES or NO
- 2) If yes, circle your most recent stunting position: BASE BACKSPOT FRONT FLYER
- 3) Do you have any tumbling skills? YES or NO If no, would you like to learn? YES or NO
- 4) If you make the game day cheer team, would you be interested in being evaluated for the  
**COMPETITION TEAM?** YES or NO

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

**2021-2022 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 20, 2022. Mrs. Wilhere 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 child has my permission to try out for the Varsity (and/or possibly Junior Varsity) Cheerleading Squad for the Fox Chapel Area High School 2022-2023 seasons. I understand that the student must abide by the rules and regulations set forth by the policies and handbooks sent forth by the Fox Chapel Area School District. Furthermore, all cheerleaders 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 May 23-25, from 6-7:30 p.m., with tryouts on May 27 beginning at 6 p.m. in order for my child to be considered for a position on the cheerleading team. Tryouts will be held in the auxiliary gym at the high school. I understand that my child will be evaluated by qualified judges for an unbiased 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 participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand there are risks associated with being a cheerleader and as such I will hold harmless the Fox Chapel Area School District, employees, agents, administration, coaching staff, or any of its personnel responsible in the case of accident or injury at any time.

I understand that all cheerleaders who make the squad are **required to attend one week** of mandatory summer camp. Camp for the competition team is scheduled for the week of August 8, 2022. 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**. Dates for the game day team will be forthcoming. I understand regular mandatory weekly practices will take place beginning August 15 and will continue throughout the remainder of the two seasons (fall and winter).

I understand that students selected at tryouts will be members of the game day team and that a second evaluation will be conducted by the coaches for a position on the competition team.

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 2022-2023 school year will be held during the evening unless otherwise notified by the coach and attendance is mandatory. **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. Furthermore, as discussed in this packet, each cheerleader has 6 demerits to use per season (fall and winter). Students should consider carefully how each individual budgets these days. This system is used as a means for the girls to understand the real-world application in budgeting sick and vacation time.**

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I am interested in being a cheerleader for the Fox Chapel Area School District for the 2022-2023 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 Printed: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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