

# **PROVIDENCE CHRISTIAN ACADEMY**

## **CHEERLEADING**



## **STORM CHEER TRYOUT PACKET**

### **2018-2019**

**Program Director: April Ammons**

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**770-279-7200 ext. 4146**

**April Ammons  
Program Director/Head Varsity Cheer Coach  
Providence Christian Academy**

**Dear Parents and Storm Cheer Candidates,**

**My name is April Ammons and I will be heading up the Cheer program starting this coming school year. I am excited and look forward to working with you all. Thank you for your interest in trying out for the 2018-2019 Storm Varsity/JV spirit squads for Football and Basketball. Cheerleading is an exciting and rewarding sport that teaches and requires teamwork, time management, athletic ability, dedication, sportsmanship, leadership, school spirit, and hard work. Being chosen this year to represent Providence Christian Academy as a cheerleader is both an honor and a privilege. You will be in the forefront as a representative of our school and will be expected to adhere to a strict code of conduct at all times, both on and off campus. In this packet, you will find all the information you need in order to tryout for our teams. In the future, this packet will be available well in advance of our tryouts.**

#### **Dedication to Cheer**

**If you commit to being involved in our program, take into consideration the time and money commitment involved. Below is a list of **SOME** of those responsibilities:**

- **Afterschool practices twice a week**
- **Weekly basketball games**
- **Pep rallies, fund raising activities, team bonding activities**
- **Cheerleaders who make the squad may not participate in other sports that conflict with games and practices (i.e. volleyball, cross country, soccer and basketball) unless prior arrangements have been made with head coach**
- **Storm cheerleading will come before non-school related activities**
- **Participation Cost**

**With any sport, we also must have parents that are involved in supporting our program any way they can. I would like to form a Booster Club to help organize the day to day operations of our program, so that I can focus my time on building a stellar cheer program while guiding these young athletes in a greater love for Christ and growing their athletic ability through cheerleading. Please join me in this mission as we journey into the new school year! Thank you for your support.**

**In Him,**

**Coach April Ammons**

## **Clinic and Tryouts**

Clinic and tryouts are closed, no parents or spectators will be permitted in the tryout area. Full day attendance is required at school on clinic and tryout days. Tryout material may include the fight song dance, a cheer, a chant, and jumps. You may tumble if you can do so safely, but it is NOT REQUIRED this year.

- Cheer clinic will be held on Monday, October 29th through October 31st from 3:30-5 pm in the high school auditorium (M,W) and the gym Mezzanine (T).
- Tryouts will be held on Thursday, November 1st beginning at 3:30 pm in the gym Mezzanine.
- **Clinic attire:** athletic shorts, t-shirts, sneakers. Hair should be pulled up in a tight, high pony tail.
- **Tryout attire:** black/dark athletic shorts, white T-shirt (small logo is acceptable and no tank tops or spanx). Hair should be pulled up in a high, tight pony tail. Bows are optional.
- A panel of qualified judges will select the cheerleaders based on:
  - Academic Performance
  - Conduct and Teacher Evaluations
  - Tryout Introduction
  - Skill and ability on jumps and tumbling
  - Knowledge of clinic cheer, chant, and fight song dance
  - Spirit
  - Voice
  - Motions
  - Technique
  - Appearance and Grooming
  - Attitude

Please bring the following the week of the tryouts:

STORM Cheer Application

Teacher Recommendations (to be in turned in by **3 teachers** by 10/31)

Current Sports Physical uploaded in Magnus before the cheer clinic

STORM cheer constitution will be available and a parent/student commitment form and costs will be available before our actual tryout date on 11/1. If your athlete makes a team, there will be a uniform fitting/parent meeting TBA. All of this information will be sent out next week.

For Coaches Only  
Applicant Number:  
Squad:

## STORM Cheerleader Application 2018-2019

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ 2018-2019 Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Cheerleader's Cell Phone: \_\_\_\_\_

Cheerleader's Email Address: \_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent/Guardian 2: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Why would you like to be a STORM Cheerleader?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List any past experience with cheerleading, gymnastics, and dance. If you cheered before, what positions in stunting are you able to do?

\_\_\_\_\_

What qualities make you the best choice to represent PCA as a cheerleader?

\_\_\_\_\_

What are you trying out for this year? Please check all that apply.

- ☐ Varsity Basketball
- ☐ JV Basketball

# PCA JV BASKETBALL CHEERLEADING FINANCIAL COMMITMENT 2018-2019

Cheerleading is an expensive sport and will be even more costly this first year because we are purchasing new warm-ups, shoes, poms, etc. In subsequent years, you will be allowed to reorder items that are not in good shape. If your items are in good shape, you will not have to reorder those items. Our costs are considered on the low end compared to other cheer programs around. We want our team to look good and represent our school well.

| Cost                  |                  |
|-----------------------|------------------|
| ITEMS                 | Approximate Cost |
| Storm Bow             | \$10             |
| Practicewear          | \$34             |
| Cheer Shoes           | \$85             |
| Pom Rental            | \$20             |
| Briefs                | \$6              |
| Warm-up               | \$65             |
| Cheer Bag             | \$30             |
| Long Sleeve Squad T   | \$50             |
| <b>TOTAL DUE 11/2</b> | <b>\$300</b>     |

My daughter \_\_\_\_\_ has my permission to participate in PCA cheerleading tryouts for the 2018-2019 school year. If she is selected for the squad, I am aware of and agree to pay the full cost associated with participation. If for some reason she is not able to participate after the order is placed for items, I understand that I will be responsible for fees that have been billed to my account.

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date

# Providence Christian Academy

## Cheerleader

### Teacher Recommendation Form



|                             |  |
|-----------------------------|--|
| <b>Student Name:</b>        |  |
| <b>2018-2019<br/>Grade:</b> |  |

- Teachers completing this form, please consider if this student-athlete would be a good representation of Providence Christian Academy and the Storm Cheer Program.
- Please return this form to the front office by **10/31**. There will be an envelope where all forms should be placed. **PLEASE DO NOT HAND THIS BACK TO THE CHEERLEADER!**
- If you have any questions, please contact April Ammons @ [a.ammons@providencechristianacademy.org](mailto:a.ammons@providencechristianacademy.org)
- Thank you for your time and helping the coaching staff select well rounded student-athletes.

| Teacher Name | Subject |
|--------------|---------|
|              |         |

| Rank the following qualities we are looking for in a STORM Cheerleader 0-5.<br>0- Does not show any of this quality 5- Exceeds! Goes above and beyond this quality |   |   |   |   |   |  |
|--|---|---|---|---|---|--|
| <b>Academic habits:</b> shows effort with quality of work, is self-motivated, follows directions, is prepared for class, completes work on time, etc.              |   |   |   |   |   |  |
| 0  | 1 | 2 | 3 | 4 | 5 |  |
| <b>Use of class time:</b> participates regularly, punctual, attends regularly, stays on task and engaged.  |   |   |   |   |   |  |
| 0  | 1 | 2 | 3 | 4 | 5 |  |
| <b>Leadership:</b> influences others, proactive, communication skills  |   |   |   |   |   |  |
| 0  | 1 | 2 | 3 | 4 | 5 |  |
| <b>Team work:</b> works well with others, accepts constructive criticism, dependable   |   |   |   |   |   |  |
| 0  | 1 | 2 | 3 | 4 | 5 |  |
| <b>Behavior:</b> respectful, proper etiquette & manners  |   |   |   |   |   |  |
| 0  | 1 | 2 | 3 | 4 | 5 |  |

|  |
|--|
| Any additional comments that would be helpful for the Providence Christian Academy Cheerleading Coaches to know when considering this cheerleader: |
| <br><br><br><br><br><br><br><br><br><br>   |

Do you recommend this applicant to be a PCA Varsity/JV Cheerleader? ☐ Yes ☐ No

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

\_\_\_\_\_  
Date

**PCA CHEERLEADING  
2018-2019  
Constitution**

**Mission Statement:**

The Providence cheerleading program's mission is to glorify God by representing PCA through pursuing athletic excellence, spiritual growth, and developing a servant's heart while promoting school spirit and team support. I understand that in order for me to reach my fullest potential and for the team of 2016 - 2017 to reach its fullest potential, there must be great commitment. Being a cheerleader is an exciting and rewarding experience requiring a great deal of responsibility. The cheerleaders represent the students, players, and our school. The first priority for a cheerleader at PCA is to model the highest moral standards and exhibit a Christ-like attitude!

**I. ELIGIBILITY**

- A. Each candidate trying out for a PCA Cheerleading squad must be eligible by the GHSA standards of eligibility outlined in the GHSA Constitution
- B. Each candidate must be eligible according to the standards of the Athletic Department rules and regulations
- C. Each candidate must have a current GHSA athletic physical uploaded in Magnus and baseline Concussion testing
- D. Each candidate must submit a completed application form, attend tryout clinic, obtain teacher recommendations, and be reenrolled before tryouts.
- E. Candidates are required to tryout for Varsity/JV Football and Basketball unless they are playing another PCA sport during basketball season

**II. ATTENDANCE**

- A. Cheerleading is a team sport and attendance is required to fulfill the mission and goals of the squads
- B. Cheerleaders must attend all PCA Cheerleading related events required for their squad such as practices, games, community service, team functions, and fundraiser events unless previously discussed and approved by the Head Coach
- C. You must be present for the school day in order to participate in after school activities in accordance with the Parent/Student Handbook
- D. Prompt attendance is required for all cheerleading activities
- E. If you are injured, you still must attend cheerleading related events unless approved by Head Coach
- F. Excused Absences (not limited to):
  - 1. Injuries requiring the student to be stationary as determined by physician
  - 2. Family Bereavement
  - 3. Excuses previously discussed and approved by the Head Coach: cheerleaders MUST contact coach
  - 4. Serious illness with a doctor's excuse
  - 5. Family emergency: Head Coach must be notified by parent/guardian
- G. Excused absences will only be permitted if communication has been made from cheerleader to coach and/or parent to coach. Messages delivered by another squad member will count as unexcused absences

**III. RULES**

**A. General**

- 1. Cheerleaders must always demonstrate exemplary conduct on and off campus, adhere to the Student Handbook, and set a good example of the body at all times while representing the Cheer Program and our school.

2. Cheerleaders must maintain good personal appearance, hygiene, and healthy habits which exclude the use of any drugs such as smoking/vaping, drinking, illegal drugs, and prescription drugs in which were not prescribed for you. Dismissal from the squad may be imminent.
3. As a part of the squad, you are accepting the fact that your actions are more recognized than those not associated with the squad. Because of this, exemplary behavior is mandatory at all times, anywhere in the community, and at all school functions where you are a representative of PCA.
4. Members must cooperate with all faculty members, squad members, game officials, and coaches.
5. Promoting good sportsmanship by way of example is required at all times. Members must not use foul language or derogatory/degrading words at practices, in school, at games, or camps, etc.
6. Cheerleaders must display proper behavior in class, including being on time, not skipping, and not cheating.
7. Any postings on electronic media (Facebook, Twitter, Instagram, SnapChat, Vine, etc.) must be above reproach, in good taste, and representative of the Providence "code of character."
8. Each disciplinary case will be judged individually. The coach, with the assistance of the administration if deemed necessary, has the final decision in any disciplinary action.
9. Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.
10. NO gum, jewelry, cell phones (unless allowed by coach), nails beyond fingertips, colored fingernails during cheerleading activities such as games and practices

#### B. Practice

1. Practices are mandatory and may include early release days, student holidays, etc., but will be communicated in a timely manner
2. Must wear practice clothes to every practice
3. Must be dressed, mats out, and ready by 3:30pm
4. Everyone will help with unrolling and rolling the mats
5. You will not be allowed to socialize with individuals passing through the practice area.
6. Taping must be done before the start of practice
7. Hair secured up in a ponytail
8. NO SITTING. You will not be allowed to sit during practice unless directed by your coach or your captains. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, tumbling, new cheers, etc. Side conversation during practice especially during stunts, will result in team extra conditioning.

#### C. Games

1. All games are mandatory (unless otherwise specified).
2. Members are required to arrive *at least* a half an hour before the game or by a designated time determined by the coach.
3. During game suspensions, the squad member will sit in uniform with the coach on the sideline.
4. All taping or visits to the trainer must be done prior to that time.
5. Hair must be pulled back away from the face and secured in the designated hairstyle approved by head coach.



6. Make-up may be worn in moderation.
  7. No jewelry or nail color. Nails must be no longer than the tip of the fingertip.
  8. No gum or candy allowed while on the sideline.
  9. Socializing with friends while the game is in progress is not allowed.
  10. Socializing with friends while the game is in progress is not allowed.
  11. There will be no communication with parents during the game. You can speak to your parents before and after the games and at halftime. Should you have an emergency, notify your coach.
  12. During game suspensions, the squad member will sit in uniform with the coach on the sideline.
  13. When not cheering, jumping, stunting, or showing spirit, you must stand in ready position
- After halftime, you need to be back in line-up with two minutes left on the clock

#### IV. Discipline (Demerit System)

| Offense  | Demerit |
|--|---------|
| Late to practice/game (more than 5 minutes)      | 1       |
| Leaving practice early unexcused                 | 1       |
| Unexcused absence from practice, games, or event | 2       |
| Lack of participation at practice or game        | 1/2     |
| Late coming back from halftime                   | 1/2     |
| Not wearing hair/nails/jewelry appropriately     | 1/2     |
| Incomplete/Incorrect Uniform (bows and poms)     | 1       |
| Insufficient attire for practice                 | 1/2     |
| Not cooperating/disrespect with coach/captain    | 2       |
| Disrespectful in classroom                       | 2       |

3 demerits: sit next game (will sit with coach in full uniform)

6 demerits: sit next game (will sit with coach in full uniform)

8 demerits: probation (no travel with team and no participation in practice)

10 demerits: removal from team

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By signing this document, I acknowledge that I accept the precepts and conditions included above and commit myself to the Providence Cheer Team of 2018 - 2019.

Cheerleader

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent

Signature \_\_\_\_\_ Date \_\_\_\_\_