

Helen Cox High School

CHEERLEADING TRYOUTS

2019 – 2020

Mandatory Clinical Tryout

Tuesday, March 12 – Friday, March 15 ~

3:30 PM – 6 PM ~ HC Gym



ALL candidates MUST
turn in the following by Tuesday, March 12
(if not complete, you cannot try out):

- ✓ Completed Application (attached)
- ✓ Tryout Release and Waiver Form (attached)
- ✓ 4 Teacher Evaluations-Sealed (attached)
- ✓ Copy of Insurance Card (front & back)
- ✓ Copy of 2nd Nine Weeks Report Card

RETURN COMPLETED APPLICATIONS OR DIRECT QUESTIONS TO:

LaJoya M. Bailey - Coach

Helen Cox High – Room A110

Phone – (504) 367-6388 ~ Fax – (504) 367-3176

Email – mstoya2@gmail.com or latoyabailey@jppss.k12la.us

HC Cheer Website – helencoxcheer.weebly.com

CANDIDATES WILL NOT BE ALLOWED TO TRYOUT IF ALL NECESSARY PAPERWORK IS NOT TURNED IN ON TIME AND/OR SHE/HE MISSES THE MANDATORY CLINIC.

Parents & Candidates Please Note:

This packet is extensive and contains a large deal of information. Please read it carefully.

Non-Negotiable Rules & Expectations

The following must be taken into consideration if you are seriously planning to try out for the cheerleading squad at Helen Cox High School.

- 1) All decisions for the team are at the sole discretion of the Coach.
- 2) Disrespect will NEVER be tolerated.
- 3) Communication with the Coach is an absolute necessity. If there is a problem, the Coach must be notified immediately by the athlete, not the parent. Whenever the Coach communicates with the team (text or Band app), it must be acknowledged by ALL members.
- 4) All practices, performances and competitions are mandatory. Doctor's appointments, dentist appointments, physical therapy, hair appointments, jobs, other team practices, etc. must be made around cheer. The calendar is given months in advance for this reason. Helen Cox Cheer is a year-round sport- March through February and includes practice, clinics, camp, choreography, football games, pep rallies, school and community appearances and performances, basketball games, and local and national competition. A detailed calendar will be given at the MANDATORY cheerleader & parent meeting on Sunday, March 17th at 5 PM.
- 5) "Sick," "cramps," and "hurt" are not sufficient excuses to miss practices or performances. You must still attend even if you do not perform or practice unless there is a doctor's note or extreme emergency.
- 6) Practice time and performances should be considered top priorities. There is no time for play, clowning and talking. After warning, either you or the entire team will be told to leave.
- 7) Appearance is important. Hair must be a natural color, there can be no box braids (large braids) for camp or competitions, hair must be in a ponytail at all practices and in the prescribed style for performances and competitions, nails CANNOT be more than ¼ an inch past the finger, underwear and bras must be appropriate for the uniform and uniforms must be clean and pressed at all times.
- 8) Gum and food are never acceptable at practice or performances unless specifically stated.
- 9) Social media behavior will be monitored by the Coach at all times. You are always a representative of the team and the school.
- 10) Cheerleading is EXPENSIVE. All efforts have been made to keep costs down, however, it is still costly. Payments must be made monthly from April through January to cover attire, camp, local competition, travel and National competition. The total for a new cheerleader is approximately \$2500 and payments can range from \$100 to \$400. A detailed schedule will be given at the MANDATORY cheerleader & parent meeting on Sunday, March 17th at 5 PM. All payments must be made on time. Parents are welcomed and encouraged to organize fundraisers. If an athlete leaves the team, there are no refunds.
- 11) Personal insurance and a yearly physical are mandatory.
- 12) Members must conduct themselves in a manner befitting the title of cheerleader and ambassador of the school AT ALL TIMES. Failure to do so, which could include: negative behavior with teammates or in the classroom, "mean girl" or "messy/petty" behavior, discipline issues in school or at home, school attendance or repeated violations of the above rules, will result in dismissal from the team.
- 13) As a member of this team, you must CHEER ALL OUT at all times. If the Coach thinks that you are being lazy and not living up the performance expectations and requirements of the team, you will be dismissed. If laid back is what you are looking for, this is NOT the team for you.
- 14) Cheerleaders must always be picked up from practice/performances in a timely manner- no more than 15 minutes after ending/returning.
- 15) Cheer is not something that can be done in organized practice or performances only. It is imperative that stretching and practicing be done consistently at home throughout every week. If not, it shows.
- 16) Academics are of the utmost importance. Athletes must maintain at least a 2.0 and NO "Fs" per semester to remain on the team.
- 17) Finally, Helen Cox Cheer is not a "traditional or typical" cheer team. You must be totally committed to our style and beliefs and you must exemplify that at all times.

Common Questions About Tryouts

⌘ What are the requirements for tryouts?

1 Cheer	All material will be taught on Tuesday & must be perfected each day.
1 Sideline Chant	
Dance	
3 Jumps (toe touch, pike, front hurdler)	These will be reviewed at the Clinic
Tumbling is not Required for tryouts but is HIGHLY Recommended	Standing Back Handspring, Roundoff Back Handspring, Back Tuck

⌘ What should I wear?

You MUST wear white cheering/walking/running tennis shoes (NO street shoes), white socks, a neat white or red shirt (blank or Helen Cox- but nothing cheer related, no tank tops, spaghetti straps or anything that will show your bra) and red or black shorts with tights/boycut briefs/ Nike pros underneath. Hair must be pulled back out of the face (ponytail or ½ up) with a red bow, NO jewelry, and an appropriate amount of makeup (eyeliner, mascara, red lipstick only).

⌘ Are tryouts open to the public? Do we try out in groups?

Tryouts are closed to the public. The entire clinic is the tryout and therefore, candidates are being continually assessed whether performing in a group or individually.

⌘ What am I supposed to do with the teacher evaluations?

Print your name on each evaluation and then give it (with the envelope) to each of your current teachers (middle schoolers- choose 4 of your current teachers). They should fill it out & seal it in the envelope before returning it to you or me.

⌘ What is the selection process? How many cheerleaders will be selected?

The tryout score is based on assessment over the course of the mandatory tryout clinic in four different areas (jumps/tumbling, cheer/chant, dance, behavior, effort, interview, potential and “coachability”) along with the teacher evaluations and report card grades. All decisions are final and binding. There is no set number of people to be selected for the team. The best candidates will make the squad.

Helen Cox High School
Cheerleading Tryout Application

PLEASE PRINT

First Name Last Name Cell Phone # Home Phone #

Date of Birth Age School Current Grade

Home Address City Zip

Email Address

Contact Name, In Case of An Emergency Relationship Cell Phone #

Previous Experience

	SCHOOL, GROUP, COMPANY	# OF YEARS	LEADERSHIP POSITIONS	AWARDS, HONORS
CHEER				
DANCE				
GYMNASTICS				
MASCOT				

Please Do Not Write In The Box Below!

Application	
Release & Waiver	
Report Card	
Copy of Insurance Card	
Teacher Evaluations (4)	

Helen Cox High School

Cheerleading Tryout & Team Participation Release and Waiver Form

I, _____, understand that cheerleading has an inherent danger in participation, and that in spite of all precautions and accident preventatives, injuries do occur. 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 coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I intend to be legally bound and do, hereby, for myself, my heirs, executors, and administrators, waive, release and forever discharge all claims which may arise now or in the future which I may accrue against Jefferson Parish Public School System, Helen Cox High School and any of its employees for any and all injuries suffered by my child while attending and participating in cheerleading tryouts and team activities.

In order that my child receive the necessary medical treatment in the event of an injury or illness, I hereby authorize Helen Cox High School to obtain medical treatment for my child for such injury or illness during any event, and I hold Helen Cox High School harmless in their exercise of the authority.

To the best of my knowledge, my child does not have any diseases or injuries that would medically prohibit her/his participation in Cheerleading at Helen Cox High School.

I understand that he/she must abide by the rules and regulations set forth by the coach and the principal of Helen Cox High School. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad.

I understand and give permission for my daughter/son to ride with the coach and/or other parents when necessary.

I understand that all forms attached must be completed and returned by the tryout date, or my child will not be allowed to tryout.

I agree to abide by the decision of the coach in the tryout process.

I understand all costs and time commitments involved as stated in the rules.

I further certify that I have read and understood the above statements and that the information provided is truthful to the best of my knowledge. I agree to the conditions of this tryout and team participation release and waiver as outlined above.

I hereby give my consent for my child to participate in Helen Cox High School Cheerleading tryouts.

If my child makes the team, I hereby give my consent for my child to participate in ALL activities of the Helen Cox High School Cheerleading team which includes all practices, stunt clinics, summer camp, games (football, volleyball and basketball), competitions, parades, working with local elementary/middle schools, travel (in - state/out-of-state), conferences, squad bonding activities and any community services activities.

Print Parent's or Guardian's Name

Signature

Date

Print Candidate's Name

Signature

Date

Helen Cox High School
CHEERLEADING TRYOUT 2019-2020
Teacher Evaluation

Please complete this form and return it to my teacher box by **Tuesday, March 12 or to the student in an envelope.**

It is very important that you rate the student according to how YOU feel the student does in YOUR class or classes. Please be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by me.

Thank you for your time and cooperation.

Cheerfully Yours,

LaJoya M. Bailey

Cheerleading Coach

Name of Candidate: _____

Class(es) Taught: _____

Grade Received: _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

On a scale of 1 to 5, please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher: _____

Date: ___/___/___

School: _____

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