**ROSEVILLE CHEER**

**Clinic and Tryout Information**

Clinic: May 23rd 24th 25th 4-6 pm RHS Cafeteria

Mandatory Parent Meeting: May 9th 5:30 pm

RHS Cafeteria

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We are looking for athletes who like being part of a team, are willing to give 100%, and will promote, uphold, and encourage school spirit. Cheerleading is a physical contact sport. You must be focused and dedicated to the sport for our program to succeed.

During the season, Roseville Cheer is involved in a variety of community events. We participate in parades, community events, and help with camps and clinics for feeder schools and organizations... in addition to our commitments at RHS and – above all – maintaining good grades. If you fit this picture, Roseville Cheer is looking for you!

The coaches go to great lengths to keep the costs as low as possible, which means the squad will do multiple fundraisers throughout the year. Some of the costs throughout the year include uniform, practice wear, cheer camp, poster supplies, and special events. **All** squad members are expected to participate in **all** fundraisers.

**Dress Code**

* T-shirt only RHS colors
* Shorts, Nike Pros
* Athletic shoes with socks
* Hair pulled back in ponytail must be out of face
* No jewelry/piercings
* Nails must be kept short

**Cheer clinic info**

There will be a two-day tryout clinic that will be closed to the public. This ensures all individuals trying out are focused and not distracted. The candidate will learn a cheer, dance, and jump sequence. Tumbling is not required but will add 10 potential points on your score sheet. Tumbling is considered a standing back handspring and higher (without a spot). The Tryout Application (page 6) **MUST** be signed by student and parent and be cleared through athleticclearance.com before you can participate in the clinic. NO EXCEPTIONS.

**Cheer tryout info**

Attire is black shorts, white shirt, no-show socks, white athletic shoes, ponytail without bangs, and any color bow. No jewelry. Completed packet and forms along with proof of GPA must be turned in prior to tryouts. no exceptions!

Tryouts will be done in groups of 3-4 people assigned by the coaches. Judges will score candidates on the skills taught in the clinic in addition to jumps and standing and running tumbling. Judges scores will be used as a guideline. The coaches have final decision-making based on the candidate’s overall **attitude, kindness, effort,** ability, and squad need.

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**ROSEVILLE CHEER**

**TEACHER EVALUATION INSTRUCTIONS**

You will need the Teacher Evaluation sheet with a signature for **every class** you are currently in. Your teacher can give the completed form back to you or turn it in to the Cheer mailbox, whichever the teacher prefers.

In addition to the Teacher Evaluation, you will also need one of the following:

* Current print out of grades dated **no earlier than March** from Aeries.
* Current print out of transcript that includes most recent grading period.
* Teacher sign off on current grades.

These do not need to be turned in until the day of Tryouts. You will NOT be able to try out without your completed packet, including a Teacher Evaluation for every current class.

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**ROSEVILLE CHEER**

**TEACHER EVALUATION**

**ALL** of your teachers will need to complete and sign a copy of this form.

Student’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period \_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**This student is trying out for Roseville High School 2022-2023 Cheer Team.** A teacher recommendation for each Cheer squad applicant gives an indication of his/her academic standing, motivation, leadership skills, and attitude. Your input will be averaged with the student’s other teachers and considered in their overall tryout score. Please rate the student in the following areas on a 1-5 scale:

**[5]** Superior **[4]** Above Average **[3]** Average **[2]** Needs Improvement **[1]** Poor

\_\_\_\_\_\_ Attendance and punctuality

\_\_\_\_\_\_ Responsibility and dependability

\_\_\_\_\_\_ Leadership

\_\_\_\_\_\_ Attitude toward fellow students

\_\_\_\_\_\_ Attitude toward authority

\_\_\_\_\_\_Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ROSEVILLE CHEER**

**TRYOUT APPLICATION**

This form must be signed by both athlete and parents and turned in before you can participate in the Tryout Clinic. **No exceptions**.

My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, has my permission to try out for the cheer squad at Roseville High School. I understand that if my child makes the squad, they must abide by the rules and regulations set forth in the **Cheer Handbook** and the **RHS Athletic Handbook**. I understand they must be present for ALL practices and games. I understand all forms attached must be completed and returned for my child to tryout. I understand my child will be evaluated by qualified judges and we agree to abide by the decision of the judges. I understand there are costs associated with becoming a member of Roseville Cheer. I understand, by the nature of the activity, cheerleading carries a risk of physical injury. I understand an injury could be as minor as a sprain or as serious as a broken bone, and possibly death. I understand these risks involved and will not hold Roseville High School or its personnel responsible in the case of accident or injury at any time.

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

**Parent’s (or Guardian’s) signature Date**

I am interested in being a cheerleader at Roseville High School. I understand the risks as stated above. If selected, I will abide by the rules and regulations set forth in the Cheer Handbook and the RHS Athletic Handbook. I will cooperate and follow the instructions of the cheer coaches.

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

**Participant’s signature Date**



**ROSEVILLE CHEER**

**Contact information**

This information will be used to contact you during the Cheer season as needed. Emails are usually sent in the evening, about once a week or as needed.

CHEERLEADER CONTACT INFORMATION please print clearly

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

Name Email address

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

Cell phone number Home phone number

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

Primary home address

PARENT CONTACT INFORMATION please print clearly

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

Mother’s name Mother’s email

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

Mother’s cell phone Mother’s work phone

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

Father’s name Father’s email

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

Father’s cell phone Father’s work phone



**ROSEVILLE CHEER**

**WEBSITE AND SOCIAL MEDIA RELEASE**

In connection with my child’s participation in Roseville High School Cheer,

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, consent to the recording of my daughter’s physical likeness and/or voice through mechanical, photographic, technical, digital, electronic, or other means (“Recordings”). I hereby consent to and authorize Roseville Cheer and its staff to use, in perpetuity, such Recordings, as well as my daughter’s first name. I further agree that the foregoing includes the consent to use my daughter’s physical likeness in any form.

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

Parent/Guardian Name Parent/Guardian Signature Date

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

Cheerleader Name Cheerleader Signature Date

**Social Media Usernames**

Cheerleaders, please provide your usernames for the following social media platforms.

If you are not active on any of the media listed, please write “n/a.”

Facebook \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Twitter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instagram \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Snapchat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My birthday is**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Paste/attach your   
picture here

**ROSEVILLE CHEER**

**MY CHEER PROFILE**

**NAME**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Next year, I will be a: Freshman | Sophomore | Junior | Senior

Previous cheer or dance experience:

I want to be on the squad because...

Best attribute (what are you bringing to the team?):

Tumbling skills:

Stunting skills- (list stunt positions and highest skill achieved):

Extracurricular activities you plan on participating in:

Are you planning on trying out for the Competition squad? YES NO

Are you planning on trying out for the STUNT squad? YES NO

**COACHES EVALUATION** (For coach use only)

Clinic dates attended: \_\_\_\_/5

Effort and attentiveness: \_\_\_\_/10

Positive attitude and respect toward coaches and peers: \_\_\_\_/10

Forms completed/turned in: \_\_\_\_/5

Comments:

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**ROSEVILLE CHEER**

**INTERVIEW QUESTIONS**

**NAME**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9th 10th 11th 12th

Circle one

1. What does it mean to you to be a cheerleader for Roseville High School?
2. Tell us what it takes to be a team player.

3. Cheerleading is a full year commitment, consisting of the football and basketball seasons. A cheerleader’s week may consist of homework, school functions, practice, and games. How will you prioritize your week to meet all demands?

1. Have you ever quit a team sport? Why?
2. Your goal as a cheerleader will be to promote school spirit and crowd involvement. You are required to cheer and perform at school functions, games, rallies, and community functions. How would you handle this if half of your squad was not able to perform due to illness or injury?
3. Your coach might move you around depending on where your talents are best needed. This is called versatility and adaptability. Do you consider yourself versatile? Give an example of when you demonstrated this.
4. During the season, you might be given constructive feedback or homework assignments. Part of a coach’s goal is to build self-esteem and confidence. Knowing this, can you handle being pushed to better yourself for the sake of the team? Give an example of when you’ve had constructive feedback and how it helped you to improve.
5. Imagine you make the squad, and your friends don’t. You are expected to wear your full uniform on game days, which also includes hair up with a bow. How will you handle the peer pressure from your friends?
6. There will be instances when you must perform for all 3 games (i.e.: Frosh, JV, Varsity) on the same day. You have a ton of homework and a major test. How will you handle the pressure?
7. A member on your squad speaks negatively to you regarding another cheerleader, the squad, or the coach. How do you handle this situation?