

VHHS Basketball Cheerleading

Varsity and JV Tryout Packet 2019-20

Basketball cheerleaders will promote and uphold the goals and ideals of Vestavia Hills High School representing the school with the highest level of character and leadership. Please read this packet in its entirety, for tryout details change yearly.

Important Dates:

Tryout Packet Due Tuesday, April 2nd	<p>Deadline for submission of tryout registration form and fee. There is a \$30.00 registration fee for tryouts. Join Basketball Cheer Google Classroom using the code r7p6eau .</p> <p>Completed forms may be turned into either Ms. Burns's room (Room D102), Mrs. Adler's room (C112), or to the front office.</p> <p>Applicants must have a current AHSAA athletic physical on file by this date in order to participate in the clinic.</p>
Cheer Clinic/Mock Tryout Monday, April 8 th - Wednesday, April 10 th 3:50 - 5:30	<p>Participants should wear shorts, a t-shirt or tank, and tennis shoes.</p> <p>No jewelry or gum is allowed.</p> <p>Hair must be in a ponytail with a white ribbon.</p> <p>Participants will learn a cheer and a dance, and they will practice jumping, tumbling, and stunting. Stunt groups will be chosen by the participant, not by the sponsor. JV candidates (freshman) need to form stunt groups with other JV candidates. Sophomores can stunt with whomever they choose. Juniors and seniors need to stunt together.</p>
Cheer Tryouts Thursday, April 11 th 3:50 - until	<p>Participants are to wear black or navy shorts, a solid white collared tank, white socks, and white tennis shoes.</p> <p>Hair is to be in a ponytail with a white ribbon.</p> <p>No jewelry is allowed (of any kind).</p> <p>Cheerleaders will be evaluated based on cheering, dancing, tumbling, showing spirit, jumping, and stunting. Tumbling skills are not mandatory for tryouts. Girls will be able to participate in multiple stunt groups (max of three) but will only be scored for one (group of the girl's choice). See rubric for details on point values.</p>
Uniform Fitting Wednesday, May 8 th 3:30-until	<p>Varsity and JV uniform fitting for the new 2018-2019 VHHS Basketball Cheerleaders (likely in the cheer room).</p>
First Practice Thursday, April 25th 3:50-5:00	<p>Varsity and JV mandatory first practice.</p>

Additional Information

- Freshman candidates will only be eligible for the JV squad and will cheer for JV and freshman home games, as well as some away games (as designated by sponsor). **Sophomore** eligibility will depend on tryout numbers. Juniors and seniors will only tryout for Varsity.
- Due to the campus reorganization, the location for our cheer class for next year is still to be announced. The tentative plan is to have cheer class during 8th period at the ninth grade campus. 10th-12th graders may have to travel between 7th and 8th periods using their own transportation or by carpooling. Unlike previous years, girls may be expected to stay later than 3:30 one day a week if transportation time cuts into class time significantly.

Please consider the following information before making the decision to try out:

- **Games:** Varsity basketball cheerleaders cheer all boys and girls varsity games including the Rebel Classic held over Thanksgiving weekend. JV basketball cheerleaders will cheer at all home JV and freshman games as well as sponsor-designated away games.
- **End of School Year / Summer Practices:** There will be practices at the end of the school year and over the summer. Cheerleaders must attend all end of year practices (dates TBA) and at least 4 of the 7 summer practices. Summer practice dates will be released ASAP.
- **Camp:** All cheerleaders must attend summer Cheer Camp. Dates for camp are July 8-10th at Vestavia Hills High School. We try to keep this week as our camp week every year, so consider this for summer 2020 planning as well.
- **Expenses:** All cheerleaders must pay for camp, uniforms, and training. The approximate cost for camp and summer training is \$600. The estimated cost for new uniforms is between \$600-\$800 depending on what items each cheerleader must purchase (returning girls will not need to repurchase old items unless they need a size changes). Coaching fees are approximately \$335 for the entire year.
- **Transportation:** Parents must provide transportation for all cheerleading events with the exception of regional tournament games (pending eligibility).
- **Grades and Expectations:** Cheerleaders must meet AHSAA academic eligibility guidelines (passing six classes with at least a 70 average).
- **Cheer Class:** Basketball cheerleading is an elective class in which grades are earned based on participation. Missing games and practices will affect the cheerleader's grade negatively.

Varsity Basketball Cheerleader Tryout Registration Form

Turn in this completed form, a copy of your latest report card, your physical evaluation, concussion form, proof of insurance, and the tryout fee (\$30) to Ms. Burns (room D102), Ms. Adler (C112) or in the main office. If you have any questions, please contact Elisabeth Burns at burnse@vestavia.k12.al.us or Erin Adler at adlereg@vestavia.k12.al.us.

Candidate Name _____ Current Grade _____

Please circle your desired stunt group position: flyer main base side base backspot undecided

Emergency Information

Please Print

Parent/Guardian Name _____

Cell Phone: _____ Email: _____

2nd Parent/Guardian Name _____

Cell Phone: _____ Email: _____

Family Doctor: _____ Phone: _____

***In an emergency, if parents cannot be contacted, notify:**

Name _____ Relationship _____

Phone _____

Please initial the following:

____ I have read and accept the information regarding tryouts and responsibilities, and I understand that my grade will reflect my ability to uphold these responsibilities.

____ I have submitted my most recent report card.

____ I have submitted a current physical evaluation or have one on file.

____ I have joined the Basketball Cheer Google Classroom using the code r7p6eau.

____ I have submitted a concussion form (should be on file if you are a current athlete).

____ I have submitted proof of insurance.

____ If selected, I will have a positive attitude and will consider the squad with all of my actions.

Student Signature

Parent Signature
