Kettle Falls High School
CHEER TRYOUT PACKET 2020-2021

Important Dates

Parent/Student Interest Meeting: Thursday, May 7th @ 6 pm in the KFHS Commons or via Zoom if social distancing is not lifted (highly recommended that both prospective and veteran squad members and a parent attend)

ALL Paperwork due to Coach Miller at amiller@kfschools.org
By Friday May 8, 2020
If you can’t scan please take a picture of your paperwork and email

Tryout Clinic (mandatory): Monday, June 1st thru Friday, June 5th from 3:00-5 pm in the gym
(This may change due to COVID-19)

Tryout Day (mandatory): Friday June 5th @ 4:00 pm in the gym or via Zoom **Results will be posted on the Front Entrance door no earlier than 8:00 p.m. Candidates chosen for cheer squads will be posted by tryout number.

Mandatory Parent/Chiefleader Meeting on Tuesday, June 9th
@6 pm in the KFHS Commons or via Zoom for the 2020-2021 squads
Dear Prospective Cheerleaders and Parents,

Thank you for your interest in becoming a member of the Kettle Falls High School cheerleading program! Please read over this packet carefully, as it contains important information regarding tryouts as well as information if you make the team.

We take pride in the cheer program at Kettle Falls High School and expect athletes to adhere to the rules. If you have any questions please feel free to contact the coach. Attendance is mandatory at all clinic dates. Please speak with a coach if an extenuating circumstance prevents you from being present. This is very important. Tryouts are closed to family and friends. This is for the safety of all concerned. No videotaping of routines will be allowed. This will give everyone the same advantage. Cheerleading candidates will be judged by a panel made up of cheer coaches and/or outside judge(s). At no time will the scores be presented to the candidates, parents, etc. The decisions are final. 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 incidence of injury.

There will be an interest meeting on Thursday, May 7th at 6pm in the KFHS Commons area or via Zoom. It is highly suggested that both returning and prospective cheerleaders and a parent attend this meeting. We will be going through the packet in detail, as well as outlining expectations/changes from last year for the summer and school year months.

There will be a mandatory parent meeting held on Tuesday, June 9th at 6pm in the KFHS Commons or via Zoom for all girls who make the 2020-2021 squads. At least one parent per candidate is required to attend. (It is suggested the candidate and guardian fully read the tryout packet before the meeting.)

It is an honor and privilege to become a Bulldog Cheerleader, and your role in the squad should not be taken lightly. As a squad, we do much more than cheer at games. We take part in community service, pep rallies, and we are also considered role models and representatives of our school. Please consider the commitment and sacrifices that will be made to be a part of this elite family of cheerleaders.

Cheerfully,
Amy Miller
Head Cheer Coach
There will be 2 cheer squads for the 2020-2021 school year. Candidates will be able to state whether they want to try out for one or more squads on their application.

*Because cheer teams function as one unit, it is essential that all members be present at all events.

Please keep in mind KFHS cheerleaders will be expected to participate in all of the sports listed within the squad. There will be NO exceptions. If you have a commitment that prevents you from cheering for one of the listed sports, you will not be able to cheer for that squad.

**Varsity Football Spirit and Competition Squad (this functions as ONE team)**

- Varsity is open to candidates of rising freshmen to seniors
- Candidates will be expected to cheer for both home and away spirit AND competitions, including play-off games
- Cheerleaders will compete for competition.

**Varsity Basketball/Wrestling Spirit**

- Varsity is open to candidates of rising freshmen to seniors
- Candidates will be expected to cheer for both home and away games, including play-offs for basketball, home meets for wrestling.
- This squad may be comprised of cheerleaders that also cheer varsity football/competition and those that did not

**Junior Varsity Basketball Spirit**

- Junior varsity is open to candidates of rising freshmen to seniors
- Cheerleaders will cheer at all JV basketball games; home and away.

**Number of cheerleaders making each squad is subject to change based on number of skilled candidates, at the discretion of the respective coaches.**
# Kettle Falls High School Cheerleading

## Varsity Football spirit/competition squad

| There will be a maximum of 16 cheerleaders. Alternates for competition will not be announced until summer choreography. Rather, the squad members will be competing for the top 12-14 positions in the competition routine. The other cheerleaders will remain alternates throughout the rest of the season and will continue to cheer spirit. Seniors, Juniors, Sophomores, and Freshmen can choose to try out for Varsity squad. The skills for this team should include building skills, jumps (including multiple jump sequences), dancing, motions, and presence (projection/animation). Please note, alternates are part of the competition team and are expected to attend every competition in proper uniform. They are responsible for all costs, practices, etc. related to the competition program. |
| What you can expect during the season: |
| - Workouts/Conditioning – Tuesdays/Thursdays during the school year and summer months |
| - Stunt Camp @ Washington Extreme August |
| - Practices – Monday – Thursday in August and every day during the week once school starts. |
| - Competitions (2 local, one state ) |
| - Fundraisers-we will take part in multiple fundraisers throughout the summer and next school year. These are mandatory! |
| - Participation in non-athletic events, such as open house, community events, etc. |

## Varsity Basketball:

| There will be a maximum of 16 cheerleaders. Seniors, Juniors, Sophomores, and Freshmen can choose to try out for Varsity squad. The skills for this team should include mastery of jumps (including multiple jump sequences), motions, dance, and presence (projection/animation). Cheerleaders will perform a short dance so judges can assess rhythmic ability since cheerleading demands rhythm. |
| What you can expect during the season: |
| - Practices – Monday – Friday (at the end of football season) |
| - Workouts/Conditioning – Tuesdays/Thursdays during the school year and summer months |
| - Fundraisers-we will take part in multiple fundraisers throughout the summer and next school year. |

## Junior Varsity Basketball:

| JV Basketball will be comprised of freshmen through seniors. The JV Basketball cheerleaders will cheer home JV basketball games (November-February). The skills for this team should include mastery of intermediate building skills, jumps, dancing, motions, and presence (projection, animation). |
| What you can expect during the season: |
| - Stunt Camp @ Washington Extreme August |
| - Camp–TBD |
| - Practices- conditioning and weekdays once school starts |
| - Fundraisers-we will take part in multiple fundraisers throughout the summer and next school year. These are mandatory! |

## Varsity/JV Wrestling:

| Varsity/JV Wrestling will be comprised of freshmen through seniors. The wrestling cheerleaders will cheer home Wrestling Meets (November-February). |
| What you can expect during the season: |
| - Stunt Camp @ Washington Extreme August |
| - Practices-summer conditioning and weekdays once school starts |
| - Fundraisers-we will take part in multiple fundraisers throughout the summer and next school year. These are mandatory! |
Kettle Falls High School Cheerleading

ELIGIBILITY:

According to Kettle Falls High School Policy:
~All students must have a current physical on file
~Pass 6 out of 6 classes from previous semester and currently enrolled
~Signed all Athletic Paperwork

Fundraising:
We will take part in many fundraising events throughout the school year and summer. It is essential to note all cheerleaders will be expected to take part in fundraising. Our program cannot survive without some very important materials. We hope to reduce the cost to each cheerleader, but we are also expected to generate funds for the program to raise funds for competitions. Anyone choosing not to participate in any fundraising event will be expected to provide the monetary equivalent of the funds expected from each cheerleader. For example, if our goal for each cheerleader to raise $50 for the program (like Krispy Kreme), cheerleaders may opt to forgo fundraising and instead provide the $50, or a parent may take their place during the fundraising event. This will also be the case if the cheerleader cannot attend a fundraising event due to schedule conflict.

IMPORTANT DATES:
Parent/Student Interest Meeting: Thursday, May 7th at 6pm in the KFHS Commons
Tryouts:
Clinic: June 1-5 from 3:00-5:00pm
Tryout Day: Friday, June 5 (4:00pm) *No makeups will be provided, results posted by 8pm on front doors
Mandatory Meeting for those who make KFHS Cheerleading: Tuesday, June 9, 6 p.m. in KFHS Commons or via Zoom.
Rock-a-Thon: June 27
Mini-Cheer Camp: October 5-9
Pizza Coupon Drive
Krispy Kreme
Bulldog Gear
Fitting: June 8 @ KFHS
Varsity/JV Summer Practices: Beginning August 3
Stunt Camp (Mandatory for Varsity): August 13
Camp (Mandatory for both JV and Varsity Football/Competition): TBD

*All dates are subject to change. Please keep these dates in mind when scheduling vacations, appointments, etc. Failure to attend any mandatory event will result in inability to participate. Jobs, family events, etc. will not be excused. Cheerleaders are expected to maintain their commitment. Please consider if you are willing to do this before trying out.

**Any cheerleader who chooses to depart the team, or who has been removed from the squad will not be given refunds of payments made. The cheerleader will also be financially responsible for any items ordered or events scheduled prior to departure. Failure to pay will result in a “hold” being placed on the cheerleader’s school account. Students with “holds” on their account will not be given their diploma their graduating year until payment is made.
### Estimated Costs

<table>
<thead>
<tr>
<th>Supplies and Equipment</th>
<th>Varsity</th>
<th>Junior Varsity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Camps</strong></td>
<td>$150 Summer Camp&lt;br&gt;$35 Stunt Class</td>
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</tr>
<tr>
<td><strong>T-Shirts</strong></td>
<td>$15-$50 (team will order through the year)</td>
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</tr>
<tr>
<td><strong>Uniforms</strong></td>
<td>Shoes $80*&lt;br&gt;Bows $30&lt;br&gt;Spanx $40*&lt;br&gt;Poms $50*&lt;br&gt;Pink Poms $25*&lt;br&gt;Cheer Uniform $200*&lt;br&gt;Game Day T &amp; Leggings $75</td>
<td>Shoes $80*&lt;br&gt;Bows $30&lt;br&gt;Spanx $40*&lt;br&gt;Poms $50*&lt;br&gt;Pink Poms $25*&lt;br&gt;Cheer Uniform $200*&lt;br&gt;Game Day T &amp; Leggings $75</td>
</tr>
<tr>
<td><strong>ASB Card</strong></td>
<td>$25</td>
<td>$25</td>
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</tbody>
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*Only new cheer members need to purchase items with a star (returning members only need to reorder if they don’t fit/aren’t in good shape.

**Note:** We appreciate your patience and support while we make final decisions on items. Costs are subject to change during this process. These are estimated costs and do not include meals, etc.
Kettle Falls High School Cheerleading

TRYOUTS:

1. What to wear:
   a. Something athletic and comfortable that fits you properly. No jean shorts, etc.
   b. No baggy clothing or too small shirts/shorts
   c. Tennis shoes
   d. Candidates will not be allowed to wear cheer materials from previous seasons/schools during tryouts.
   e. On tryout day, all cheer candidates must wear a white shirt (you can design one if you like) and black shorts.

2. No Jewelry or false nails:
   a. Don’t get a new piercing before tryouts. You will need to take it out each day. You cannot tape it.
   b. Nails need be trimmed to sports length (even with the skin of the finger) - no false nails (**If you make the squad – ACRYLIC NAILS ARE NOT PERMITTED and nails kept at sports length**)

3. Hair must be in a secure ponytail and off the shoulders. (**If you make the squad – hair is expected be pulled into a HIGH ponytail for games/competitions**)

4. What to bring:
   a. WATER, WATER, WATER
   b. Make sure you EAT BEFORE COMING.

EVALUATION PROCEDURE:

Areas of Evaluation:

Candidates for tryouts will be judged on the following categories:

- A cheer, chant, and dance that will be taught during tryout clinics
- Jumps- a toe touch is required, plus two other jumps of the candidate’s choice (herky, pike, hurdler, double 9, around the world, etc.) Expectation is trying the jumps not perfection of the jump. We will be working on jumps through the season.
- Energy, spirit, attitude, presentation
- Scholastic eligibility
- Teacher Evaluations**
Cheerleader Name: ___________________________  Birthdate: ______________________

Address: _________________________________  City: ___________________________

Cell #: __________________________________

Parent Name: ______________________________  Parent Cell#: ____________________

Rising grade (please circle):  Freshman  Sophomore  Junior  Senior

Trying out for: Please check any that apply:

Football/Competition___  Basketball___  Wrestling___

Please mark your most recent stunting position:

Base  Flyer  Back Spot  None

Why do you want to be a cheerleader? __________________________________________

____________________________________________________________________________

____________________________________________________________________________

What do you see is the role of a cheerleader? ____________________________________

____________________________________________________________________________

____________________________________________________________________________