

2020-2021 Dripping Springs High School Cheerleading Tryouts

Thank you for your interest in trying out for DSHS Cheer!

In this packet, you will find the following: Tryout information, important dates, cheerleader expectations, athletic handbook acknowledgement form, athlete and parent tryout permission forms, and the rubric for tryouts. Please read and understand all the enclosed information. Candidates will not be eligible for tryouts if the required application is not submitted by April 24th, 2020.

This year, we will be holding cheer tryouts virtually.

You will need to submit a compilation video of yourself performing all required material listed below in this document. Your tryout compilation video will need to be uploaded to Youtube and a link will need to be provided in the tryout form. Below you will find more information about what you will need to include in your video.

Selection of cheerleaders will be based on the following:

- Cheer, Fight Song, Chant, Jumps, Tumbling (please refer to the tryout rubric for more detailed information)
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability are also considered for varsity candidates.

Tryout Eligibility

- You must submit a screenshot of your grades in Skyward showing all grade averages for all classes for the 2019-2020 school year. All grades will be verified by the coaches.
- Students who have more than one disciplinary referral based upon behavior from the 1st or current semester are not eligible to try out. All disciplinary referrals will be verified by the coaches.

Required Documentation

The following documentation will all be condensed into one Google Form that each athlete will complete. The submission of this application is required in order to be considered for the cheer team. The Google Form will include the following:

- Athletic Handbook Acknowledgement
- Tryout Permission and Agreement
- Grade Check: *submitted through the form as a screenshot of Skyward*
- All important athlete information
- Tryout video link submission

Please note that the application cannot be saved as you go, you must complete all at once. You can access the required Tryout Application by clicking here or by copying and pasting the following link into your browser:

<https://forms.gle/amf3hb2UnUvRLhQAA>

The Virtual Tryout Process Step-by-Step

1. Athletes must access the cheer team's website to learn all required material. This can be found at dshscheerleading.weebly.com and then select the tab "Tryout Information". There you will find the following videos (they are also linked here as well):
 - a. [Cheer Video](#)
 - b. [Chant Video](#)
 - c. [Fight Song Video \(with counts, no music\)](#)
 - d. [Fight Song Video \(with music\)](#)
 - e. [Fight Song music \(audio\)](#)
2. Once you have learned everything and are ready to make your video, please wear a plain white shirt, black shorts, and sneakers or cheer shoes for your video. Make sure you are not wearing any jewelry and your hair is pulled back into a ponytail. Poms will not be required. You will create a video performing everything in the following order:

1	<i>Overall Spirit</i>	<i>Make sure you spirit before beginning each section of material, this will be judged</i>
2	Chant	Repeat the chant 4 times (include call backs)
3	Jumps	1st jump: Toe touch, 2nd jump: optional , 3rd jump: optional
4	Tumbling	Running tumbling, standing tumbling. Make sure the ground is safe to tumble on. You cannot use a spot
5	Cheer	Make sure you are loud and sharp! (include call backs)
6	Fight song	Make sure the music can be heard in your video (include call backs)

3. Once you have recorded your videos, please combine them into 1 compilation video and upload it to Youtube and make sure that it is visible with the link you provide.
4. Have your video link ready and your screenshot of Skyward ready, and complete the Google Form Cheer Tryout Application. You can [click here](#) or copy and paste the following URL to access the application: <https://forms.gle/uY3x7J5zE77GiCJT7>

Important Dates

Virtual Tryout Application Due Date	Friday, April 24th, 11:59pm
Mandatory Cheer Camp	July 27-July 30, 8am-5pm, @ DSMS Gym
Mandatory Cheer Practice	Aug 3-Aug 6, 10am-12pm, @ DSMS Gym
Mandatory Mini Cheer Clinic	Aug 22, 8am-12pm, @ DSHS B Gym
New Team Meeting with New Coaches	TBD
Uniform Fitting	TBD

2019-2020 DSHS CHEER EXPECTATIONS

Purpose

The objective of the DSHS Cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for DSHS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for DSHS.

Squad Members

Members will be chosen by the coaches through a virtual tryout process.

The JV squad will consist of freshman, sophomores and juniors who will cheer at JV football and basketball games.

The varsity squad will consist of sophomores, juniors, and seniors who will cheer at all varsity football games, basketball games, competitions, and pep rally events.

The entire Varsity team will compete in the UIL State Cheer Competition, and possibly other athletes selected from the Junior Varsity team. Those chosen for UIL State Competition will be at the discretion of the coaches. Both Varsity and JV teams will be required to compete at the Regional Competition.

Practices and Games

Squads will have practices everyday as part of their class period schedule. A tentative schedule for all events will be given out at the beginning of each month. All practices are mandatory, and other schedules should revolve around cheerleading events. Additional practices may be added as needed.

During football season, games are typically held on Thursdays for JV and Fridays for varsity. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games.

During basketball season, games will be divided within the squads.

Attendance Requirements

ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD. If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.

You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading.

If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excusal will be granted.

If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected.

Grades

A minimum of a 70 in all classes is required to participate in cheerleading. All cheerleaders must be academically eligible according to UIL standards. Please remember that we are a year-round sport.

Any cheerleader who falls below a 70 for a term grade will be placed on academic probation for a grading period. If they do not pull their grades up they may be removed from the team or become ineligible for tryouts.

Uniforms

Uniforms that are issued by the school are property of the DSHS Athletic Department. If for any reason a cheerleader quits or is dismissed, he/she is expected to return ALL school owned uniforms/equipment within three days of the termination.

Washing instructions will be provided when uniforms are distributed. At the end of basketball season, uniforms are to be turned in clean.

All altered uniforms must be restored to their original size before being turned in at the end of the cheer season.

Damaged or lost uniforms will be replaced by the cheerleader and could result in a fine.

Cheerleaders are expected to be in correct practice attire each day.

****Being in the correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair ribbon, socks, shoes, hair pulled back. Your nails must be trimmed short with natural or neutral color. Complete uniform means wearing NO JEWELRY. (It is a violation of UIL spirit rules and regulations to wear jewelry during cheer)***

Fund Raising

Every cheerleader will be expected to support all fundraising events which support the team.

Transportation

All cheerleaders are expected to ride the bus to and from all athletic and competition events.

If in the event of an emergency or special circumstances that require you ride home with a parent, your parent is the only one you are allowed to leave a game with, not friends.

Expected Behavior

All DSHS Athletic Handbook Policies must be followed at all times. Consequences will be issued for misbehavior or poor conduct.

Cheerleaders are expected to promote a positive image for the school community-your peers, parents, teachers, and community members.

While representing DSHS, cheerleaders must not:

- Drink alcoholic beverages
- Use controlled substances
- Use tobacco products including e-cigarettes and/or vape pens
- Show unsportsmanlike conduct
- Use profanity
- Show displays of affection (PDA is not allowed while in uniform)
- Be academically dishonest

Social Media

DSHS Cheerleaders will follow the DSHS Athletic Handbook policies on social media.

Estimated Costs

Cheerleading is an expensive sport, however we try to cut the cost down as much as possible through taking care of what we have. There are, however, certain items that can not be passed down from squad to squad or have to be purchased by the individual. This summer your daughter will be required to fundraise, this year the profits from this fundraiser will go towards practice attire. We will be ordering uniforms etc. from Varsity Spirit Fashion. Complete invoices will be emailed as soon as they become available from Varsity Spirit Fashion. These invoices will include the cost of cheer camps and uniforms.

Please note: All payments will be made through the Varsity Spirit Website. If payments are not made in time and the athlete's uniform does not arrive, they will not be able to perform.

In addition, if you have any questions or concerns, please respect the following chain of command:
Assistant Coach, Head Coach, Assistant Athletic Director Marisa Tuzzi, Athletic Director Galen Zimmerman

Athlete Agreement

***Note: This will be signed virtually within the application.**

If you make the DSHS cheerleading squad, you are committing to the Dripping Springs High School, your coaches, your teammates, and yourself for the entirety of the Fall/Spring Season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities.

Furthermore, as a representative of DSHS, you must maintain proper behavior and conduct at all times. You must follow the guidelines set forth in the Dripping Springs Athletic Handbook. DSHS Cheer will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest in the Dripping Springs School District.

As a potential DSHS Cheerleader:

-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 that all forms and documentation must be completed by April 24, 2020, or I will not be considered for tryouts.

-I understand that I will be evaluated by the coaches, and I agree to abide by their decisions. I understand all costs involved and agree to participate in all required fundraising efforts as set forth by the coaches, should I make the team.

-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 understand these risks and will not hold Dripping Springs High School or any of its personnel responsible in the case of accident or injury at any time.

I, _____, have read and understand the cheerleading tryout packet. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in ineligibility for tryouts.

Student Signature

Date

***Note: This will be signed virtually within the application.**

Parent/Guardian Permission and Agreement

***Note: This will be signed virtually within the application.**

My child has my permission to be a cheerleader at Dripping Springs High School. I understand that he/she must abide by the rules and regulations set forth by the coaches and the principal of Dripping Springs High School, and be present for all practices, games, and any other required events. I understand that the violation of any of the rules set forth in the Athletic Handbook may lead to temporary or permanent suspension from the squad. I understand that all required materials and documentation must be completed by April 24, 2020, or my child will not be considered for tryouts.

I understand that my daughter/son will be evaluated by the coaches, and we agree to abide by their decisions.

I understand all costs involved for this sport and that my child will be required to participate in all fundraising efforts as set forth by the coaches.

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 understand these risks and will not hold Dripping Springs High School or any of its personnel responsible in the case of accident or injury at any time.

I, _____, the parent or legal guardian of _____, have read and understand the cheerleading tryout packet. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

Parent/Guardian Signature

Date

***Note: This will be signed virtually within the application.**

**Athletic Handbook Policy Acknowledgement Form
Dripping Springs ISD**

***Note: This will be signed virtually within the application.**

To view and read the Dripping Springs High School Athletic handbook please visit the following link:

<https://www.dsisdtx.us/domain/457>

I, _____(student name printed),
have read the Athletic Handbook and agree to abide by all rules, regulations and recommendations.

Signature of Student-Athlete

Date

Parent/Guardian Signature

Date

List of Sports in which Student-Athlete Participates

***Note: This will be signed virtually within the application.**

CHEER EVALUATION RUBRIC

Candidate Name: _____ Grade: _____

0 – Not Exhibited 1- Beginner 2- Intermediate 3- Advanced

Possible Points	Skill	Points Earned	Total
9	Overall Spirit A.) Overall Spirit Level B.) Voice C.) Sharpness	0 1 2 3 0 1 2 3 0 1 2 3	Total: _____
18	Chant A.) Technique B.) Sharpness C.) Voice Projection D.) Overall Spirit Level E.) Synchronization F.) Call Backs	0 1 2 3 0 1 2 3	Total: _____
9	Jumps (not connected) A.) Toe-Touch B.) Optional Jump C.) Optional Jump <small>*Advanced Jumps are inverted, toes pointed and have correct arm placement and technique.</small>	0 1 2 3 0 1 2 3 0 1 2 3	Total: _____
15	Tumbling Running Tumbling 1 st pass 2 nd pass 3 rd pass Standing Tumbling 1 st pass 2 nd pass	0 1 2 3 (RO BHS) 0 1 2 3 (BHS Tuck) 0 1 2 3 (BHS Full) 0 1 2 3 (BHS) 0 1 2 3 (Tuck)	Total: _____
18	Cheer A.) Technique B.) Sharpness C.) Voice Projection D.) Overall Spirit Level E.) Synchronization F.) Call Backs	0 1 2 3 0 1 2 3	Total: _____
15	Fight Song A.) Synchronization B.) Sharpness C.) Overall Spirit Level D.) Knowledge of Dance G.) Technique H.) Call Backs	0 1 2 3 0 1 2 3	Total: _____

Grand Total: _____

TEAM JV: **Varsity:** _____