



**Bellarmino Preparatory
School
Cheerleading Program
2018-2019**

**Head Cheer Coach: Tanica Blackwell Wittig
Assistant Cheer Coach: Dawna Allen
Principal: Cindy Davis
Dean of Students: Kevin Meines
Athletic Director: Ed Ploof**

CHEER PACKET DUE BY 4PM APRIL 16, 2018

Cheerleading Application Form

A cheerleader's major role is the promotion of school spirit and crowd control. Being a cheerleader requires a **major time commitment**. The demands upon a person's time and energy are great and all cheerleaders must be able to successfully balance school, cheerleading, homework and their social lives. **This time commitment is not compatible with after school work or sports**. Participants should anticipate cheer related activities 14-16 hours a week. **Please view the sample season calendar on the following page to make sure you are able to meet the season requirements of cheer before you try out.**

During the try-out and screening process, strenuous physical activity, necessitates a physical release form from a doctor. Without a physical, candidates **may not** participate in these try-outs. **Candidates must provide all transportation to and from events.**

Applications, medical forms, eligibility forms and other items are due in my mailbox at Bellarmine by 4pm **April 20, 2018** No exceptions.

Tryout Clinics will be held **April 23rd-April 26th from 5:30 p.m. to 8:30 p.m.** The final try-outs will be held **April 27, 2018 from 6:00-8:00 pm.** (Please contact me immediately if there is a conflict)

***Current 8th graders (who have been accepted to BPS) - 11th graders are eligible to try out.**

Teams you would like to be considered for (you can pick more than one):

- All Year Competitive (Attend camp/Competeseason is May-March)
- All Year Sideline Only (Attend camp....season is May-March)
- Fall Season only (Attend camp...season is May- November)
- Winter Season only (Attend camp...season in November- March)

***The 2018-2019 season will consist of a max of 20 team members and a max. of 6 sideline only and/or 1 season only members.**

Please Print

Name: _____ Age: _____ Grade next year: _____

Address: _____ Phone: _____

Email Address: _____

Parent/Guardian information

Name _____ phone # _____ Email address: _____

Your G.P.A: _____ Have you ever be on the Probationary Study List? _____

Have you ever had a Disciplinary Referral (JUG)/Behavioral conflicts? If so explain below:

Please list any other activities or sports that might conflict with cheerleading activities-jobs, vacations, school clubs, etc. Look carefully at our commitment calendar for date conflict. **Please discuss any potential conflicts with the cheer coach prior to the start of tryouts. (Cheer Camp is mandatory)**

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Parental Permission Slip

Dear Parent:

Your student has signified his/her desire to be a cheerleader here at Bellarmine. There are certain responsibilities and obligations in which he/she must assume in order to remain a member of the Cheer Squad.

- ◆ Abide by the cheerleading code of conduct and contract
- ◆ Attend/ be involved with Fund-raisers
- ◆ Attend all games
- ◆ Attend all practices, school and community events
- ◆ Competitions
- ◆ Camps/Clinics

Monthly calendars will be provided.

Please read and sign the following statement giving your student permission to try out for cheerleading for the school year 2018-2019.

Thank you,

Tanica Blackwell Wittig
Head Cheer Coach

_____ has my permission to try out for the cheerleading squad at Bellarmine Prep School. I have read and understand the requirements and estimated cost. I understand that it is my responsibility to provide transportation for my student to and from home games, events, and practices.

I also understand that there will be summer practices at least 4 days a week including summer camp, clinics, and trainings that my student needs to be present at.

While I expect school authorities to exercise reasonable precaution to avoid injury, I understand that the school assumes no financial obligation for any injury that may occur.

Parent Signature

Date

Address

Phone

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Uniforms

If you make the squad, it is your responsibility to purchase the uniform. **\$300.00 is due at the time of the new parent meeting in May 2018. Varsity uniforms payments will be due in June and July.** Financial assistance does not cover the cost of cheer expenses. We have fundraising opportunities available for students to offset the cost of cheer expenses. It is your cheerleader's responsibility to participate in the fundraisers to receive credit for them. An expense of approximately **\$1800.00** can be expected for new members. This price includes uniforms, camp clothes, camps, clinics, tumbling training, supplies and competitions.

These prices are just estimates based on last year's season. Prices are less if student participates in fundraising. New members after fundraising pay between \$400-\$1000 and returners pay between \$100-\$700 depending on the amount of fundraisers a student participates in and the cost of replacement gear.

Summer Camp

If selected for the team, **SUMMER CAMP is MANDATORY!** This includes NCA Cheerleadership Camp which is scheduled for NCA July 23rd - July 27th. Other upcoming events for cheer include a UCA Day Clinic May 5th, and a private stunt clinic in August 2018. **August is our work month please make sure student is available during the month of August.**

Student and parent signatures below acknowledge that all material in this packet has been read and understood. This includes the selection process, the judging, the scoring process, the poster design, attendance expectations, staff evaluation forms, costs for the uniform and camp. Your child's attendance record and discipline file will be checked. Depending on the outcome, your student may not be able to tryout. Parents and students are required to attend the **parent meeting April 11, 2018, 6-7pm** in the Campus Center. **This meeting is mandatory.** If you do not attend your child **cannot tryout** for the squad.

Student Signature: _____ Date: _____

Parent/ Guardian: _____ Date: _____

Return completed application along with* **COPIES*** of the following items to the **Main Office in care of Tanica Blackwell Wittig. PLEASE DO NOT TURN IN ORIGINALS.** Turning in originals will result in lost tryout points for failure to follow instructions.

- ___ Physical (incoming freshmen only)
Forms are available online & in the Bellarmine front office.
- ___ Attendance check from September –present (incoming freshmen only)
- ___ Grade Check (incoming freshmen only)

Current Bellarmine students I do not need you to provide these items, please just make sure your physical on file with Bellarmine is current. Physicals are good for 2 years. If you do not have a current physical you will not be able to tryout.

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Skills Inventory

* Do not worry if you have not done any of these stunts, jump, or tumbling... we will go over some of them at the Skills Clinics

List any experience you may have in Cheerleading, Dance, and/or Gymnastics/Tumbling:

- 1. _____ How Much _____
- 2. _____ How Much _____
- 3. _____ How Much _____
- 4. _____ How Much _____

Please check off any of the following Stunts, Jumps, and flips that you have completed successfully and correctly. **When checking of stunts please include your position, and if you are not able to demonstrate the skill for the coaches at tryouts please do not check it off.**

Jumps

- Tuck: _____
- Hurdler: _____
- Herkie: _____
- Toe Touch: _____
- Pike: _____

Stunts:

- Prep/half: _____
- Shoulder Sit: _____
- Thigh Stand: _____
- Extensions/Cupies: _____
- Liberty (any variations): _____
- Basket Toss: _____
- *Any other stunting sequences: _____

Tumbling:

- Forward Roll: _____
 - Cartwheel: _____
 - Round-off: _____
 - Back walkover: _____
 - Front walkover: _____
 - Back Hand Spring: _____
 - Standing Back Tuck: _____
 - Lay-out: _____
 - Fulls: _____
 - Front Hand Spring: _____
 - *Any other combination of tumbling passes/stunting sequences: _____
-
-
-

Answer each of the following questions on a separate sheet of paper, and attach to your application.

Returning Cheerleaders only:

1. In your opinion, do you feel that we worked as a team this year? What did you do to contribute to this team? Do you feel the team was united?
2. Do you feel you managed your time well this year? Including keeping up with your grades and cheer commitments. Did you communicate your schedule to your parents?

New cheerleaders only:

1. Why are you trying out for cheerleading? What have you done to prepare for tryouts?
2. Why should a cheerleader be responsible for maintaining good grades and a good reputation in and out of school (whether in uniform or not)?
3. What ideas do you have to help spread school spirit?

Both returning and new cheerleaders, please list 3 strengths and 3 weaknesses and explain your answers.

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Former Coach/Advisor Evaluation

Student Name: _____ Club/Sport/Squad: _____

Advisor/Coach/Teacher: _____

The student listed above is a candidate for the Bellarmine Preparatory Cheerleading Squad. Please evaluate the student in the areas listed below. Your evaluation will be scored as part of the selection process and kept in strict confidence. If you have any questions please direct them to me at bellarmineprecheer@gmail.com. Thank you in advance for your help.

Profile Item:	Poor (1)	Fair (2)	Good (3)	Superior (4)
1. Ability to help teammates	___	___	___	___
2. Get along with teammates	___	___	___	___
3. Attentiveness at practice	___	___	___	___
4. Attendance/Punctuality	___	___	___	___
5. Character, Attitude	___	___	___	___
6. Leadership ability	___	___	___	___
7. Follows team rules/contract	___	___	___	___
8. Dependability	___	___	___	___
9. Team player	___	___	___	___
10. Open to instruction	___	___	___	___
11. Confidence	___	___	___	___
12. Respect for coach, team leaders, captains'	___	___	___	___
13. Growth potential	___	___	___	___
14. Willingness to try new things	___	___	___	___
15. Would student represent School well	___	___	___	___

Any comments on students' ability, attitude, and qualities to contribute to the squad/group/team.

Coach's signature: _____

- **Do not return to the student. Return this form in a sealed envelope to my mailbox (Tanica Blackwell Wittig) or email me at bellarmineprepcheer@gmail.com no later than Monday April 16, 2018.**

All returning cheerleaders must turn this form into their coaches, failure to do so will result in lost points.

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TRYOUT PROCEDURES

1. You will be given a number that you will keep for the whole tryout process. We will divide candidates into groups of 3 or 4 that are pre-selected. You will work with this group throughout the week and tryout with this group on Friday.
2. Tryouts will run like a normal week of summer practices, you will participate in conditioning daily, including running, learning and/or making up:

A dance
jumps
Cheers/chants
Sideline/Band dance

3. On Thursday you will find out what material you will be performing for the final tryouts. We teach you 2-3 cheers a day during tryouts. We do this because if you make the squad you will have to memorize over 50+ cheers, chants, and dances. **Your memory has to be good!**
4. In addition to this you will have a personal interview during tryouts with the coaches.

These procedures are intended to show the selected panel of judges and the coaches your ability to work with a group and your ability to learn new materials. During your tryouts you will be judged on several areas, which may include, but are not limited to:

PERSONALITY PROJECTION (sparkle, energy, smile/facial expressions, confidence, poise)
ACADEMICS (as committed to the classroom as they are to cheer)
ROUTINE/CHEER/VOICE PROJECTION (strong, sharp moves/motions, dance ability, loud)
JUMPS/TUMBLING (height, form, technique, variety)
GROWTH POTENTIAL (willingness to try, believing he/she can do it)
COACH ABILITY (open to instruction, ability to grow)
MENTAL TOUGHNESS (does he/she keep pushing through even if material is difficult for them)
VOICE PROJECTION (strong voice without screaming/cheers as if he/she is the only one cheering)

- **Decisions of the Coaches/ Judges during the tryout process are final.**

* Please come prepared to work every day. Please wear T-shirt, shorts (no sweats/pants), and athletic shoes. Your hair needs to be in a secured ponytail up/off the shoulders and bangs out of your face. Please have your nails trimmed low (not showing over the finger tip) and no jewelry (cloth/plastic jewelry included). Please also bring a water bottle with you daily. **Coming to tryouts unprepared will result in points being taking off you daily participation points. Not following instructions in this packet will also result in points being taking off.**

If you have any additional questions/comments please feel free to email Coach Tanica at
bellarmineprepcheer@gmail.com

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Team Spirit Project

The team spirit project is your first job as a cheer candidate to promote school spirit! You will need to make 10 positives note cards to give out give out to our spring sports teams. If you become a cheerleader we love to let our Lion family know we have their back...so this is a great way for you to be creative and show support.

Guidelines

1. **Cards:** Needs to show school spirit. You can support a specific sport or just do a general positive note card. The choice is yours. A list of Bellarmine Sports can be found on our website. Bellarmineprep.org
2. **Size:** Cards may be **no smaller** than an index card and **no larger** than a regular piece of paper. The color is up to you.
3. **Posting:** All finished cards are **due Monday April 16, 2018 in the Campus Center between 3-4pm only**. Please make sure you turn your cards in a Ziploc bag or envelope with your name on the front.
4. **Taste:** All cards are to be in good taste and reflect your reputation as a positive role model for Bellarmine Prep.

Remember to have fun and be creative!

PLEASE NO LOOSE GLITTER OR ANYTHING TOO HEAVY

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Sample of the Season Calendar

<u>April</u> Mandatory Parent meeting Tryouts	<u>May</u> Fittings New parent meeting Practice 1-2 times wk Fundraisers Community events	<u>June</u> Practice 1-2 times wk Fundraisers Community events Summer Break June 5th-July 16th Open workouts	<u>July</u> Summer Break till July 15th Fundraisers Practice 1-3 times wk Camp Open workouts	<u>Aug</u> Fundraisers Stunt clinics Registration Pre-season FB games Team Pictures Practice 4 times wk
<u>Sept</u> Fundraisers Football Practices 3 times a wk Pep Assembly Volleyball	<u>Oct</u> Fundraisers Homecoming Homecoming Assembly Practice 3times wk Volleyball Football	<u>Nov</u> Fundraisers Practice 3times wk Football Playoffs/State Competitions	<u>Dec</u> Fundraisers BB games 2- 3 times a wk Wrestling Practice 1-3 times a week Competitions Pep Assembly	<u>Jan</u> Fundraisers Practice 1-3 times a week BB games 2-3 times a wk Wrestling Competitions BPS Semester Finals Cheer state championships
<u>Feb</u> Fundraisers Practice 1-3 times a week Competitions BB playoffs 2- 3 times a wk	<u>Mar</u> Fundraisers Practice 1-2 times a week BB state championship Pep Assembly	<u>April</u> Tryouts Fittings New parent meeting		

- **This is only a sample of our yearly commitments, please look it over closely and make sure you are able to be a dedicated member of the BPS Cheer Squad before you try out.**

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