

2021-2022 Bellarmine Preparatory School Cheerleading Application

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 8-12 hours a week. **Please view the sample season calendar on the last page to make sure you are able to meet the season requirements of cheer before you try out.**

Complete applications, including physicals turned in to Bellarmine, and parental permission slip are due to the Cheer Coaches 5pm on the 1st day tryouts **June 7, 2021**. All Cheer Candidates will be give access to a Band Application during this whole process, so they can ask question directly to the coaches, receive tips and videos to help them prepare for tryouts, and receive tryout material once we have a set tryout date.

Tryout clinics will be held **June 7th-10th in the gym 5:30-7:30pm. Final tryouts** will be held **June 11th starting at 5:30pm in the gym. (please contact the coach immediately if there is a conflict)**

ALL 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 2021-2022 season will consist of a max of 24 team members and a max. of 6 sideline only and/or 1 season only members.**

Please Print

Name: _____

Age: _____

Current Grade: _____

Your G.P.A: _____

Any current injuries coaches need to be aware of?

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)**

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 via a Google calendar.

Please read and sign the following statement giving your student permission to try out for cheerleading for the 2021-2022 school year. Signatures below acknowledge that all material in this packet has been read and understood. 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 view the Tryout information Power Point, that will be sent out on March 30th, sign the last page, and email it back to bellarmineprepcheer@gmail.com. If you we do not receive this information your child **cannot tryout** for the squad.

Thank you,

Bellarmino Prep Coaching Staff

_____ has my permission to try out for the cheerleading squad at Bellarmine Prep School. I have read this application 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

Phone #

Expenses

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 June 2021. Varsity uniforms payments will be split into 2 payments due in July and August.** 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, choreography, competition music, 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-\$1200 and returners pay between \$100-\$700 depending on the amount of fundraisers a student participates in and the cost of replacement gear.

Summer Camp and Trainings

If selected for the team, **SUMMER CAMP is MANDATORY!** Camp Dates are usually the last week in July or the 1st week in August. More camp days are opening up as Covid restrictions change. If there are any changes to these dates we will notify candidates via the Band App.

Other upcoming events for cheer trainings: stunt training August 23rd-26th 11-2pm. Please notify the coach right away if you cannot make any of these dates.

-August is our work month please make sure student is available during the month of August.

CHEER SUMMER BREAKS- June 17th- July-18th (Please note during breaks we will have some open workouts)

*** Please note that due to COVID restriction updates, dates are subject to change. We will do our best to give cheerleaders and their parents as much notice as possible. Thank you for your patience and understanding during this time.**

Email completed application along with the following items to the attention of Bellarmine Prep Cheer Coaches at bellarmineprepcheer@gmail.com.

PLEASE DO NOT TURN IN ORIGINALS.

Turning in originals will result in lost tryout points for failure to follow instructions.

CHECK LIST

- ✓ **FOR ALL CURRENT 8TH GRADERS.** Provide a **Copy** of your physical, attendance check (Sept-present), and grade check (we will provide a link through Family ID for you to upload paperwork)
- ✓ Current physical on file in the office, if you are a current Bellarmine student
- ✓ Read through the application and completed all forms
- ✓ Parent permission slip and Power Point watched and signed
- ✓ Promo video- remember 2 or less minutes

Skills Inventory

Do not worry if you have not done any of these stunts, jump, or tumbling. Please just be honest and list what skills you can show coaches upon request for a demo.

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: _____

Tumbling:

Forward Roll: _____

Cartwheel: _____

Round-off: _____

Back walkover: _____

Front walkover: _____

Back Hand Spring: _____

Standing Back Tuck: _____

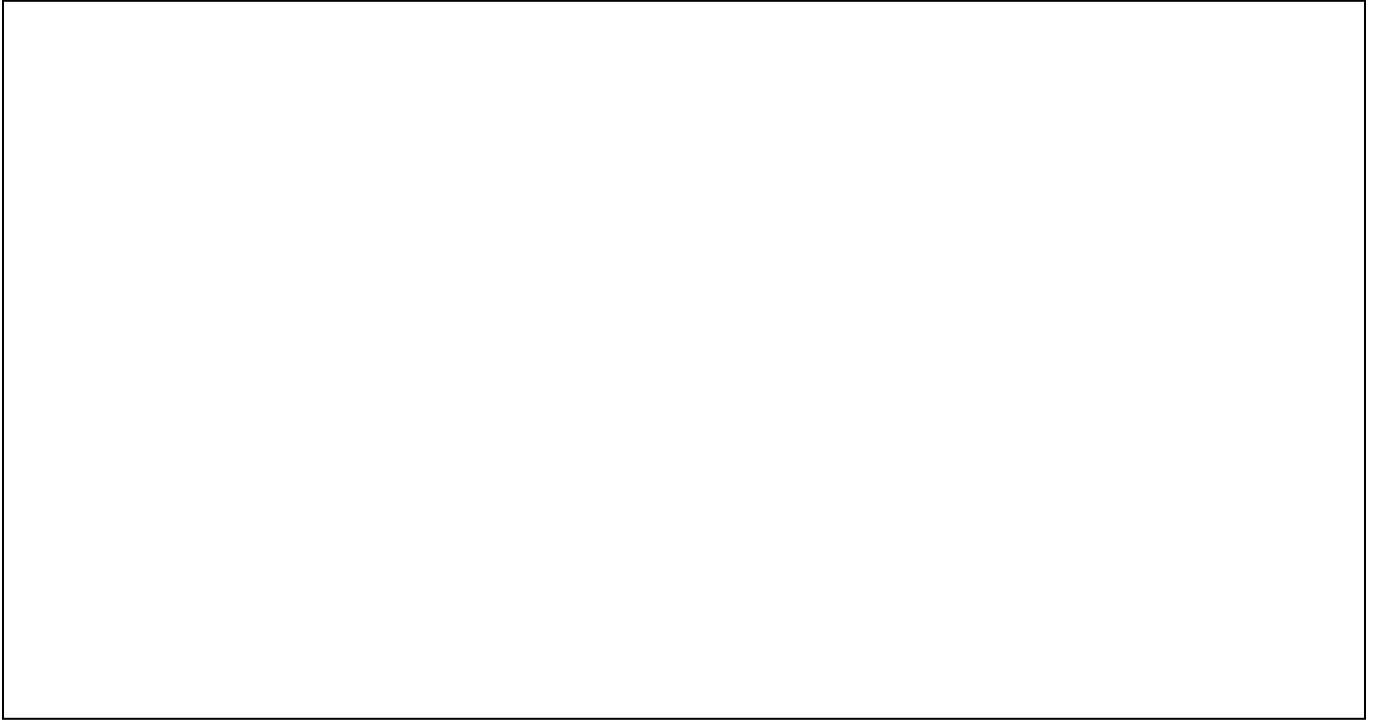
Lay-out: _____

Fulls: _____

Front Hand Spring: _____

*Any other stunting/tumbling passes or sequence:

List your 3 strengths and 3 weaknesses and explain your answers.

A large, empty rectangular box with a thin black border, intended for the user to write their three strengths and three weaknesses, along with explanations for each.

Former Coach/Advisor Evaluation

Student Name: _____ Club/Sport/Squad: _____

Advisor/Coach: _____

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 June 7, 2021.

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

TRYOUT PROCEDURES

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.

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 tryout clinics and tryout with this group on the final day of tryouts.
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. You will find out what material you will be performing for the final tryouts after the tryout dates are set. 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 (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 and learn new skills)
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 or leggings and athletic shoes. Your hair needs to be in a secured ponytail up/off the shoulders and out of your face. Please have your nails trimmed low to an athletic length (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 taken off your daily participation points. Not following instructions in this packet will also result in points being taken off.**

If you have any additional questions/comments please feel free to email Cheer Coaches at **bellarmineprepcheer@gmail.com**

Cheer Spirit Promo

The cheer spirit promo is your first job as a cheer candidate to show the cheer coaches who you are and answer interview questions we have for you.

Guidelines

1. Your Cheer Spirit Promo Video needs to be 2 minutes or less. Please be mindful of your back ground during filming. All videos need to be emailed or posted **directly to the COACHES ONLY** via the Band App or bellarmineprepcheer@gmail.com

2. Questions to answer-

- Why Cheer?
- How have you prepared for Cheer tryouts?
- How will you manage cheer and school work?
- What ideas do you have to help spread school spirit?

- FUN QUESTIONS- PICK 1 or 2

Favorite Ice cream?

Favorite Hobbies?

Stranded on an island you can only take 2 things...what would that be?

Any hidden talents?

Coffee or Tea?

Smile, have fun, introduce yourself to us, let us see your personality!

Remember to have fun and be creative!

Sample of the Season Calendar

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

- **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.**