

2022-23 Niceville High School Cheerleading

Participants must be enrolled at NHS for the 2022-23 school year and have all paperwork in the order listed below submitted no later than **Monday May 2nd at 3:00pm**. Packets may be submitted in one of the following 3 ways prior to the deadline.

1. Scan all paperwork (including physical) and E-mail to tanya.herndon@okaloosaschools.com
2. Hand deliver to the NHS front office in an envelope labeled "ATTN Herndon"
3. Hand deliver to Coach Tanya in the cheer room Monday May 2nd
 - Current NHS Students can come between 10:30am and 12:00pm
 - Others that wish to submit in person can drop off on the NHS bus ramp between 2:15 and 3:00pm.

Please read all instructions below as well as this entire packet before e-mailing with any questions.

- **Candidate Information and Constitution – Attached at the end of this packet (2 pages)**
- **FULL and complete (some pages require a Notary) FHSAA Athletics Packet including an up to date physical**
 - Entire packet can be found on the school website, county website, or pre-printed copies in the NHS front office with the athletic secretary. Please make sure you do not use the middle school forms.
 - If you choose to submit forms electronically, make sure to bring a hard copy to tryouts
 - Physicals may be turned in at tryout check in if your appointment is between 5/2 and tryouts
 - If you already have a physical on file, please bring a copy so that we can keep our records current.
- **Affidavit of Compliance GA4** - If you did not start 9th grade at NHS. You only need to do this form ONE TIME.
- **Grade Eligibility and Enrollment Verification** will be handled by administration
- **Fee - \$20 tryout fee;** make checks payable to Niceville High School
 - Check may be turned in during tryout check-in if you are submitting paperwork electronically.
- **All balances with Okaloosa County Schools must be paid in order to try out**
- **Teacher Recommendations** will be handled via E-mail, there is no responsibility of the student athlete.

IMPORTANT TRYOUT DATES/PROCEDURES

Monday May 2 nd 2022	Paperwork Due by 3:00pm
Monday May 9 th 2022	Clinic/Tryout Day 1
Tuesday May 10 th 2022	Tryout Day 2
Wednesday May 11 th 2022	Final Tryout Day
Wednesday June 1 st 2022	Summer training begins

All Camps, Clinics and Summer Practices should be high priority for your summer planning.

Those currently living out of state but relocating to the area after try-outs should contact the coach prior to Monday May 2nd.

TRYOUT ATTIRE

- Black shorts (not spandex) and a simple, plain black tank or t-shirt. Males should wear a black t-shirt tucked in.
- Absolutely NO baggy, oversized or cropped T-shirts for females. Anything not form fitting should be tucked in
- Females – Hair pulled back in a **mid ponytail** with a side or middle part. Side pieces pinned back and a white/maroon bow.
- White cheerleading/athletic shoes with white no show socks OR white calf high
- Jewelry of any kind (including navel) and gum will never be permitted. No spacers. New piercings must come out.

All Clinics and Tryouts are closed to spectators!!! No exceptions.

SELECTION

Niceville Cheerleading will consist of approximately 40 members. The number may be slightly higher or lower. We will have a JV and Varsity. For pep rallies, fundraisers, many practices, community events, and other activities we will usually operate as one program. Juniors may be placed on JV and underclassmen may be placed on Varsity based on several variables (ex: stunting position, maturity, consistency, experience, attitude, overall athleticism, and discipline). Placements may be adjusted as needed and selection for the program does not guarantee any individual performance time in any capacity. This includes sideline cheering, pep rallies, game day routines and later competitive routines. It is essential that athletes maintain their skills, sideline material memory and presentation, as well as effort and work ethic. Lack of consistency in these areas could render an athlete unable to perform in the areas listed on the next page. There is no grandfather clause for rising seniors.

CRITERIA

Crowd Leading – Expectation of extremely sharp and precise motions, exceptional performance and crowd interaction capabilities, strong vocal projection, and consistent memory recall. Simple and short material will be taught throughout the process. Candidates should learn quickly and have immediate awareness of motion placement, also an ability to react quickly to what might be happening on the field. As a program we have extremely high expectations for motions and performance. Athletes, especially upperclassmen, should be “gameday ready” with excellent performance.

Stunting – Stunting is an extremely important part of our program. Stunting knowledge and execution will be evaluated. Varsity candidates are expected to be able to perform a full up and other elite skills such as full arounds, high ticks and backhandspring ups will be evaluated. JV candidates should be able to perform advanced skills such as switch ups, low ticks, full up, etc. Top girls should also display variety of body positions (heel stretch on both legs, scale and arabesque). Males should be able to base or back elite stunts and display a minimum of a toss hands press to extension. All candidates should display versatility among groups and display coordination, strength of movement/control and the ability to apply corrections.

Skills – Technically correct jumps and tumbling. There is a minimum requirement of a clean technically correct standing backhandspring series for JV, but some form of tuck is expected. A cartwheel tuck and a standing tuck is preferred and recommended. A cartwheel tuck and standing tuck are expected for Varsity. We will also evaluate jumps to back, jumps to hand tuck, and elite tumbling skills such as fulls. Candidates should always perform to their highest safe ability. Spots will not be provided in tryouts or the warmup. We want to only see skills that you have mastered with consistency and proper technique. We will do some skills multiple times to counts and your skills of choice should be displayed without hesitation.

Physical Fitness – A timed mile will potentially be part of tryouts. *This has absolutely nothing to do with physique* and everything to do with how an athlete is able to push through and be a teammate. We will continue to evaluate mile times throughout the season. Endurance and improvement is an important part of our training.

Academics – Candidates must meet the academic eligibility requirements specified by the Florida DOE and the Okaloosa County School Board affecting interscholastic athletic participation. Candidates must maintain a cumulative 2.0 GPA. Tryout eligibility is based on the most recent semester report card

Teacher Recommendations – These will be handled internally. Red flags from teachers include but are not limited to disrespect, consistent tardy/absent, lack of preparation for class, poor effort, repeatedly disruptive, dishonesty, poor representation, lack of follow up for improving poor grades, etc. We understand that academics are not everyone’s strength, but everyone is able to display a strong character and work ethic by being a responsible, respectful student of high integrity.

TRYOUT PROCESS

Tryouts are not intended to be a high stress event. The process will run very similar to any other sport and should feel more like a practice than an individual evaluation or performance. We will keep the flow very natural and low stress. We ask that each athlete try their best, keep a positive attitude and perform to their highest and most safe skill level, as we are looking for strengths in many aspects of cheer. This also allows us to see how well everyone works together, takes correction, etc. Please ask questions as you have them!

The tryout format will be determined once the number totals are in so that we can properly evaluate all candidates. It is highly likely that we will make a cut day 1 and or day 2. You should plan to be available all 3 days.

ASSIGNMENTS

Football Games

- Varsity will attend all **Varsity football games** home and away
 - A standing tuck is required for the Varsity sideline. If a candidate is selected for Varsity without a standing tuck, the skill will be expected to be mastered with consistency by August spirit week.
- JV will attend **Junior Varsity football home games**, potentially some away as designated by coach and AD
- All Freshmen will attend **Freshman football home games**, potentially some away as designated by coach and AD
 - Freshmen and sophomores will cheer separately during weeks with a freshman AND JV game
- Full Program will attend Homecoming, Senior Night, and other district games as designated by the coach
- Full Program will attend Playoffs so long as funds allow for travel.

Assignments are subject to change after team selections based on numbers and grade level quantity during football season

Volleyball and Basketball Games

- The program will be split into smaller groups. Trades will not be permitted except for extenuating circumstances. Groups will be determined later. The idea is that no one *regularly* cheers more than one game per week.
- B-ball/V-Ball should be held to a high standard in terms of your commitment to attendance and participation.
- We will attend all home games, local playoffs, and state tournament games as funds permit for travel.

Game Day Competition

- Our program competes in UCA Game Day. Medium Varsity and Small Junior Varsity
- We are looking for over the top yet natural energy, sharp and crisp motions that stop and lock rather than bounce, loud vocals, a standing tuck, strong rhythm and coordination, and a crowd engaging and strong overall performance quality.

Traditional Competition Team

- Athletes will be evaluated on the same criteria listed on the previous pages with a heavier emphasis on fitness, elite stunting, standing tumbling and motions/performance. Be aware that competition team athletes are placed based by position on the mat. There is only room for so many bases, backs and tops. Elite stunting, tumbling, sign work and sharp motions and performance will be expected and evaluated.
- We will make decisions based on your ability to perform the skills needed for the routine. There is no seniority for placement and not everyone is guaranteed to make the competition team.
- Members of the sideline team are **not** guaranteed a position on the mat. Tryouts will be in October **for anyone that relocates to the area over the summer/prior to the competition season starting**. Members of the program that plan to compete will most likely be placed within their current team at that time, JV on JV and Varsity on Varsity. In some cases, there may be needs that cause us to shift athletes up or down. Not everyone will be placed in competition routines.
- The season runs from October through February. More info available in the September

ADDITIONAL EXPECTATIONS

Fundraisers

- Fundraising is required and lack of participation will result in paying a portion of the fees raised. Buy out offered.
- We will have several fundraisers that benefit the team account and team expenses. Just because you have paid YOUR personal bills does not mean that you do not have to participate in team endeavors.
- You will be provided with a number of opportunities to fundraise for your personal account expenses
- All payments should be made on time. You must communicate clearly if you need an alternative payment plan
- A breakdown of fundraisers, requirements, dates, etc. will be distributed in new team member packets
- Each cheerleader is responsible for \$500 sponsorship to the team. This can be cumulative or one sponsorship.

Payment

- A breakdown of expenses will be distributed in new team member packets
- Apparel, gear, and camp costs are estimated at approximately \$1500. Varsity members that qualify and choose to attend the Live Oak stunt camp can expect closer to a \$2000 range for summer.
- We are a year-long sport. We will practice and perform in all types of weather and therefore have an extensive list of items to purchase. Many of these items are a one-time purchase unless you choose to purchase year after year.

Uniforms

- Uniform alterations and upkeep are the responsibility of the cheerleader. Uniforms are school property and **may not be cut**. Uniforms will be cleaned, hung up, and each cheerleader will be cleared by coach at the end of the season.
- Uniforms and some cheer identifying items are property of NHS. Please do not loan any uniforms, shirts, jackets, etc. to anyone – to include previous team members or current students without first talking to the coach. Not everyone will uphold our reputation or take care of these expensive items as we would hope.
- A fee of up to \$50 may be charged if uniforms need to be cleaned or repaired when returned at the end of the year. The cheerleader will be expected to pay the current replacement price for a uniform if it has been destroyed or lost.

Varsity Friday Night Games

- JV members should remember that you are still a representative of NHS Cheer and conduct yourselves accordingly. Make sure to dress, act and speak in a way that is a positive reflection of Niceville High School in the stands/stadium.
- You will at times be required to work at team tables, sell programs, etc. on nights that you are not cheering.

Conditioning

- Conditioning will be part of our regular routine. To cheer for long and late games, perform pep rally routines, execute 3-minute high energy Game-Day routines and compete at a high level safely, team members have to be in extremely good physical shape with strong stamina, endurance and muscle strength.
- We will weight train through the summer and during the school year. Athletes are expected to participate with a good attitude, effort and attentive technique. Strength training has had a major impact on our program.
- We will do a variety of conditioning throughout the year including but not limited to: Running mile(s), weightlifting, timed sprints, stadiums, core exercises, etc. with one of our main focuses being on stamina and technique
 - If you do not want to complete the required conditioning, you should refrain from trying out.
 - If you are not able to complete the conditioning, do not expect to be placed in routines later in the season.
 - Those who wish to compete should be able to hit an 8-minute mile by October.
- If a cheerleader is ever injured (not just sore, or aches/pains) prior to a physician visit, the coach may excuse them from workouts for the day as recommended by the Athletic Trainer. If a cheerleader cannot workout, they should be prepared to sit out of practice that day and watch. Exceptions will be made for **some** restrictions given by Physicians. You will be given modifications from the Athletic Trainer in tandem with your Physician's orders for restriction. "No physical activity" means that you will sit out (appropriately dressed) from **all** activity until told otherwise.

****IMPORTANT****

There is a risk of injury involved with cheerleading and practices. Parents must understand the risk of injuries and have the appropriate emergency medical forms completed and notarized. An athlete may not participate in any capacity without these forms on file. You can visit the Athletics portion of the Niceville High School website to download all 2020-21 athletic forms.

Please make sure that both cheerleading candidate and parent have read this packet in full as well as the constitution and understand the expectations and guidelines outlined within. All cheerleaders will be held to the standards listed here. The Niceville High School Administration and the Student Activities Council have approved all information detailed in this packet. By signing this form you acknowledge that you have read, are aware of and agree to adhere to the policies and procedures of the Niceville Cheerleading program. Athlete information is on the back.

We look forward to seeing you at tryouts!

Tanya Herndon and Lindsey Williams

For the Candidate

I have read **all** of the requirements, rules (including the expectations of behavior and discipline system) and understand that in order to be a part of this team I must adhere to these rules. I understand that I am required to attend all practices, games and performances and I will receive consequences if I am absent. My time commitment to the team will be of highest importance after academics. I also understand the time and dedication that it takes to be involved in such an organization and intend to devote the time necessary to make my team and our season a success. I understand that my reputation and actions reflect the cheer program, my teammates, coaches, school and fellow students. I will uphold myself to high standards of excellence and character at all times and will expect my teammates to do the same.

Signature of Candidate _____

Date _____

For the Parent/Guardian

As a parent or guardian of an NHS cheerleading candidate, I understand all of the information listed in this packet (including discipline information, behavior expectations, etc.) and that an organization of this caliber has great opportunities. I have reviewed the calendars included and know that my athlete should plan to attend practices and that attendance is mandatory. I also understand that it is imperative that team members are in attendance. I will support my child in every way in his/her efforts to be an active member of the NHS Cheerleading Program. **I understand that my support of the coaches, teammates, administration and the team is crucial.** I will give my child's coaches the respect of coming to them first with any issues or conflicts. I understand my financial obligations to the team and that if my fees are not paid it could hinder my cheerleader's ability to perform/participate. I understand that I am responsible for paying all dues/fees outlined even if my child is removed or quits the team since most items cannot be returned or refunded. I will communicate if an alternative payment plan is needed and understand that I will be given opportunities to raise a large portion of my cheerleader's fees. I understand that this program is a large time commitment and am prepared and ready to support my athlete should they make the team this season.

Signature of Parent _____

Date _____

TURN IN this form with all Paperwork

Candidate Information Form

Candidate First and Last Name:

Parent E-Mail:

Athlete T-Shirt Size circle one

YM YL YXL AXS AS AM

Grade Level 2022-23 circle one

9th 10th 11th 12th

Squad Placement

- I am only tryout out for Varsity
- I am trying out for JV OR Varsity

****Please note that if you select "Varsity only" and we feel you are a better fit for JV, you will not be placed within the program.**

Your signature here indicates that you have been truthful in your Selections and understand performance of selected skills will be evaluated.

Date: _____

- Please attach a photo here. Make sure athlete is clearly recognizable.
- This does not need to be a full length photo, or even include athletic apparel.
- Preferably from the waist up or higher, a headshot.
- It does not need to be professional; you can snap it in the backyard with your phone.
- Candidates will tryout over a several hour span. Numbers aren't always memorable, but faces are.
- No worries if it is not the exact size of this box

Tumbling

The skills you select will be expected to be displayed at tryouts on dead floor and standing tucks may be evaluated on the track.

- Backhandspring series (2 or more)
- Standing Tuck
- Jump to Tuck
- Hand Tuck / 2 to Tuck
- Power Hurdle R/O Handspring Tuck
- Cartwheel Tuck
- Full Pass (standing or running)
- Cartwheel Full or Standing Full

Stunt Position

This is the position you are MOST comfortable with and have the most experience. You should be able to perform a variety of stunts in this position

- Top Girl
- Main
- Back Spot
- Secondary