

## Sierra College Cheer Squad 2009-2010 Information

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Dear Candidate,

Thank you for your interest in the Cheer Program at Sierra College. We are actively seeking quality individuals to utilize their talents, while pursuing a higher education, to be a part of our program.

The 2009-2010 Cheer squads will consist of two squads (All-girl). There is a "Red" squad and a "White" squad. The "Red" squad serves as the official cheer competition squad at Sierra College and will cheer at all home and away football and basketball games. Tryouts for the "Red" squad occur in the spring. Candidates for the "Red" squad must be able to perform at an elite level. Standing tumbling and elite stunting skills are required to make the team.

The "White" squad will be expected to cheer at all home Sierra College football games as well as home non-conference and conference men's and women's basketball games. Tryouts for this team occur in the fall. When selecting the White squad, which is a feeder squad to the "RED" squad, we are looking for incoming **freshman and sophomores** who demonstrate proper technical skills, ability to communicate, poise, athletic ability and most importantly potential to contribute to the Red squad, in the future. These individuals may not always be the most experienced at this time, but show the most potential to contribute to the program in the future. All details of the tryout procedure were developed to allow each candidate an equal opportunity to be selected.

We appreciate your interest in our program and trust that the enclosed information will assist in answering your questions. Please complete the following:

- ✓ Completed Registration Form and signed and initialed commitment page
- ✓ A copy of your official current Sierra College schedule
- ✓ \$10 check or money order payable to "Sierra College Cheer"
- ✓ Email coach Liz Moss expressing your interest to tryout.
- ✓ Please bring all materials with you on the date of tryouts.

**All components must be brought with you to tryouts or you will not tryout!**

Thanks for your interest in the Sierra College Cheer Squad. If you still have questions, please contact Liz Moss at: 916-928-9194 or email at [emoss@sierracollege.edu](mailto:emoss@sierracollege.edu)

Go Wolverines!

# Sierra College Spirit Squad Policy Statement & Expectations

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## Philosophy

Sierra College Athletic Department supports and directs the Cheer Squad. As a program in the athletic department, the squad adheres to the role and mission of Sierra College.

## Mission

The mission of the Sierra College Cheer Squad is to function as public relations ambassadors of Sierra College.

## Goals and Objectives

To be exemplary representatives of Sierra College

1. To appear at college activities, functions, programs, and philanthropic events.
2. To represent the college at various local activities, functions, program and philanthropic events.
3. To raise the level of public support for the college.
4. To increase fan support at athletic events as cheerleaders.

## Cheer Squad

- Adhere to all policies and procedures, citizenship, and moral character requirements
- Maintain 2.0 Cumulative GPA and complete 12 credit hours per semester
- Attend all scheduled practices
- Conditioning
- Attend all assigned philanthropic and college appearances
- Attend all home football games, assigned away and post-season football games, and home and postseason basketball games
- Must attend scheduled Spirit Squad meetings and squad functions (camp, squad gatherings, etc).
- Pay for all uniform & camp costs as assigned by coach.

## Sierra College Cheer Commitments

\_\_\_\_\_ **There will be no refunds for uniforms if squad member decides to quit or is removed from the squad due to disciplinary/ academic reasons.** Once uniforms are ordered it becomes the individual's responsibility to pay off the balance. **The cost of uniforms, camp clothes, warm-ups is estimated at \$500.**

\_\_\_\_\_ **All financial obligations are due to Sierra College by October 31, 2009. A deposit of \$250 will be required by September 16, 2009.** Failure to meet this deadline will result in a financial obligation to the school.

\_\_\_\_\_ **Each squad member will be required to fundraise for the program.** Members will be provided with numerous fundraisers to participate.

\_\_\_\_\_ **Practices, games, and squad functions (ex. Fundraisers) are mandatory.** There are no exceptions to this rule. Should a squad member miss more than three practices, games, or assigned functions, **squad member will be removed from squad.**

\_\_\_\_\_ **Practices are held in the morning's year-long.** Practices will be held on Monday and Wednesdays at 7:00AM-9:20AM. It is the squad member's responsibility to sign up for PE 114 once on the team. Squad members are required to add a PE weight lifting class.

\_\_\_\_\_ **Sierra College cheer is first priority cheer commitment.** Participation on outside dance teams, all-star teams, or professional teams will not be allowed. Participation on an outside team will result in removal from team.

\_\_\_\_\_ **Squad members will be treated as adult student athletes.** It is the athlete's choice to participate at the college level. Parent phone calls to coaches or intervention from parents/guardians with coaches will not be tolerated.

\_\_\_\_\_ **Decision to participate as a Sierra College cheerleader is a full year commitment.** A decision to leave will result in not being able to participate the next year unless there are extenuating circumstances.

*I have read the Sierra College Cheer Squad Commitments page. By signing this I understand that I will be held accountable under the rules and commitments set above through the 2009-2010 season.*

\_\_\_\_\_  
Name

# Sierra College Cheer Squad Tryout Registration Form

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## Personal Information

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Permanent Address: \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_  
Parents Names: \_\_\_\_\_  
Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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## Educational Information

High School: \_\_\_\_\_ Graduation date: \_\_\_\_\_ GPA \_\_\_\_\_

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## Health Information

Have you previously experienced any catastrophic injuries to the head, neck, or back? \_\_\_Yes \_\_\_No

If yes, please indicate: \_\_\_\_\_

Do you currently have health insurance? \_\_\_Yes \_\_\_No

Health Plan Information: \_\_\_\_\_ Policy Number \_\_\_\_\_

Current Doctor \_\_\_\_\_ Phone number \_\_\_\_\_

## Cheerleading Experience

Cheerleading/ Tumbling/ Stunting Skills

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Tryout (circle one): Flyer Back-spot Base

We understand that personal insurance must cover our son/daughter. We give permission for our child to receive medical attention in the event that we cannot be present or reached for any reason.

Candidate's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_