

SIERRA COLLEGE

Cheer & STUNT Team

2012-2013 Information

Dear Candidate,

Thank you for your interest in the Cheer and /or STUNT team 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 2012-2013 Show Cheer squad will consist of one squad (All-girl) to cheer at football and basketball games, scheduled school events and compete in the Spring at Nationals. A co-ed squad will be made should 4 males or more tryout and demonstrate skills necessary for a small co-ed squad. All details of the tryout procedure were developed to allow each candidate an equal opportunity to be selected (there is no set minimum or maximum number of athletes that is pre-decided for the show cheer team). The STUNT team (a separate and additional team that also competes) will be an all-girl team with anywhere from 16-30 members that competes January-April (see specifics regarding STUNT team on cheer website). I appreciate your interest in our program and trust that the enclosed information will assist in answering your questions. Please complete the following and bring with you to tryouts:

- Completed Registration Form and signed and initialed commitment page
- A copy of your official current school year report card, it must include cumulative GPA
- \$10 check or money order payable to "Sierra College Cheer"

It is HIGHLY RECOMMENDED that all potential candidates attend at least ONE "open gym" on the following dates from 7PM-8:30PM in the Sierra College gym: 4/3, 4/10, 4/17 and 4/24.

Thanks for your interest in the Sierra College Cheer Squad. If you still have questions, please contact coach Vanessa Munoz at: vmunoz1@sierracollege.edu

Go Wolverines!

Sierra College Spirit Squad Policy Statement & Expectations

Philosophy:

Sierra College Athletic Department supports and directs the Spirit 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 Spirit Squad is to function as public relations ambassadors of Sierra College.

Goals and Objectives:

1. To be exemplary representatives of Sierra College
2. To appear at college activities, functions, programs, and philanthropic events.
3. To represent the college at various local activities, functions, program and philanthropic events
4. To raise the level of public support for the college
5. 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, assigned conditioning practices, and tumbling
- 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, fundraisers, squad gatherings, etc).

CHEER SQUAD TRYOUT COMPONENTS

All participants will be required to learn a sideline and the fight song. The required stunting and tumbling material is listed below. Selection will be based on talent level and overall scores.

Tryouts

Friday, May 4

6PM-6:45PM Registration, Informational Meeting, Questions, Open Warmup/Stretching

6:45 PM- 8 PM. Fight Song/Sideline Cheer taught

7 PM- 8 PM Stunt Workshop/ Open Tumbling

8 PM-10 PM Scored Evaluation- Cheer/Fight Song/ Stunts/Tumbling

11PM Posted List of New Squad members (also emailed).

Once scoring is tabulated the new squad names will be posted outside of wrestling room on bulletin board.

All-Girl Team

Required Material:

Sideline

Fight Song

Jumps:

Toe touch & one additional jump

Tumbling:

Standing Back-handspring (will need to be demonstrated by yourself or with a light spot to qualify for the team).

Standing back- tuck (strongly recommended)

Tumbling Series Pass (strongly recommended)

Stunts:

Ground up Stretch with Full down

360 to Liberty/Stretch with Full Down

Walk In Lib, Stretch and Arabesque

Optional Stunts for example:

Ground up Arabesque 540

Stretch Double Full Down

Kick-full basket

Sierra College Cheer Team Commitments

_____ Sierra College does not pay for uniforms, camps, and competitions for the Cheer/STUNT team. As a result, the program is not only a time commitment but a financial commitment as well. The cost of uniforms, camp clothes, warm-ups and UCA camp is estimated at \$1200 per squad member. However there will be individual and team fundraisers to offset costs beginning as early as the week following the announcement of the team.

_____ There will be no refunds for uniforms if a 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.

_____ All financial obligations are due to Sierra College by September 15, 2012 . Failure to meet this deadline will result in a financial obligation to the school. Failure to meet this deadline will also result in benching the squad member until all obligations are paid.

_____ 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.

_____ Sierra College cheer is the first priority. 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. Work schedules must be around practice and games.

_____ 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. If squad member chooses to leave squad at any time, that 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 2012-2013 season.

Name _____

Date _____

Tryout Registration Form

Personal Information

Name: _____

Birthday: _____

Home Phone: _____

Cell: _____

Email Address: _____

Permanent Address: _____ City _____ State/Zip _____

Parents Names: _____

Day Phone: _____ Cell Phone: _____

Experience Information

Are you currently on a cheer or dance team? ___ Yes ___ No

Please indicate where _____

Cheerleading/ Tumbling/ Stunting

Skills _____

Tryout (circle one): Top 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: _____