



TREMPER CHEERLEADING TRYOUTS

TUES, WED & THURSDAY - MARCH 31, APRIL 1 & 2

TUESDAY & WEDNESDAY ARE CLINIC DAYS 4:00 - 6:00 (UPPER GYM)
(Middle School Students, get there as soon as you can)

THURSDAY IS TRYOUTS BEGINNING AT 3:30 PM. (UPPER GYM)

WE WILL START WITH CURRENT H.S. STUDENTS FOR TRYOUTS!

You must attend one clinic day and tryouts on Thursday!

Please have hair pulled back, t-shirt, shorts, gym shoes & water for these 3 days. No gum or jewelry

FOR TRYOUTS YOU WILL NEED TO:

- DO 3 JUMPS - (ONE MUST BE A TOE-TOUCH)
- SHORT DANCE
- CHANT
- CHEER
- TUMBLE (OPTIONAL)
- ANSWER INTERVIEW QUESTION

PAPERWORK NEEDED FOR TRYOUTS: WAIVER SIGNED, 3 TEACHER RECOMMENDATIONS & COPY OF REPORT CARD FROM INFINITE CAMPUS.

ALL FORMS CAN BE FOUND ON OUR TREMPER CHEER WEBSITE...(See below)
YOU MUST BRING THESE TO ONE OF THE CLINIC DAYS IN ORDER TO TRYOUT ON THURSDAY!

CHEER WEBSITE: www.trempercheer.webstarts.com

NOTE: IF YOU ARE CHOSEN TO BE ON TREMPER CHEER - THERE IS A MANDATORY PARENT/SIZING MTG ON TUESDAY, APRIL 14TH AT 6:00 - TREMPER CAFETERIA.

ANY QUESTIONS, PLEASE EMAIL ME OR CONTACT ME AT (262) 620-9911

Jimandpattiu@aol.com Nelydethorne@att.net

PATTI UTTECH & NELY DETHORNE- CHEER COACHES



TREMPER CHEERLEADING CLINIC/TRYOUTS ~ 2015/16

MARCH 31st, APRIL 1st & 2nd - (Tues, Wed. & Thurs)

ATTENTION ALL GIRLS INTERESTED IN TRYING OUT FOR TREMPER FOOTBALL AND/OR BASKETBALL CHEERLEADING FOR THE 2015/16 SEASON.....

We will be holding our cheerleading clinic to learn the material in the upper gym on **Tuesday & Wednesday from 4:00 - 6:00**. **Thursday** will be the tryout day starting at 3:30 pm. We will run thru things a few times before we start actual tryouts on Thursday (approx. 30 min) You **MUST** attend at least **ONE** practice day and tryouts on **Thursday**. Please have rides for the girls on these 3 days. We cannot start until 4:00 each day due to middle school times except for Thursday as we will start tryouts with Tremper girls and then middle school girls.

You will learn a cheer, chant and a short dance that you will perform at tryouts along with an Interview section. You will also be taught some jumps which 3 will need to be done at tryouts as well. You pick from the jumps which 3 you want to do. One jump **MUST** be a toe-touch.

For Tryouts: you will need to do your cheer, chant, short dance, and 3 jumps for us and answer an Interview question. Tumbling is a plus - but not required.

**Please have hair pulled back, t-shirt, short and gym shoes & water for these 3 days.
No Jewelry or gum.**

SOME INFO ON TREMPER CHEERLEADING:

Cheerleaders cheer for Football and/or Basketball games and they perform a routine at $\frac{1}{2}$ time of the Varsity game. All cheerleaders must attend all football and basketball games unless excused for a very good reason. Keep in mind we are on a demerit system. Also Football season starts in mid August with the 1st game, so watch vacation planning.

Mandatory practices are held on Monday & Wednesday after school starting at 3:15 for Football Season and this begins when school starts in the fall. Basketball practices are Tues. & Friday's after school as these are game days and this starts early Nov. Summer practices will start in early July, Monday & Wednesday, 3:30 - 5:30 and our cheer choreography will be held in early May for Football and late October for Basketball.

After tryouts we will have practices on **Mondays & Wednesdays** from 4:00 - 6:00 until school ends in **June** to learn sideline cheers and do a little stunting to get stunt groups figured out.

If you are in a spring sport that you cannot miss on Monday's & Wednesday's, please let us know. We will try to work something out.

The *approximate* total cost for the cheer uniform, shoes, bloomers, bow, warm ups, camp and misc. clothing is \$500 for the season plus camp in July which is approx. \$300. We do fundraise for this.

WAIVER: There is a tryout waiver that will need to be filled out and signed by a parent and turned in at tryouts. You will not be able to tryout on Thursday without it.

We also need a copy of your current report card. Print report off of Infinite Campus. Please turn this in on one of the clinic days or tryout day. You must have this in order to tryout and 3 teacher recommendations need to be turned in too on before or on tryout day.

Come to tryouts with these forms: Signed waiver, copy of report card, 3 teacher recommendations. All the forms that you need to have filled out are on our website: www.trempercheer.webstarts.com

Also, make sure you do NOT have any truancy's that are recent. Tremper does not allow you to participate in sports with truancy's.

If your daughter is selected for the Tremper Cheer Team, there is a **mandatory meeting** for the girls & parents for impt. Info and uniform sizing on Tuesday, April 14th at 6:00 pm in Tremper's cafeteria. Practices will start on Wednesday, April 15th from 3:30 - 5:30. ☺ Middle School girls can get there as soon as they can.

Any questions, please feel free to contact us at: Patti (262) 620-9911 or Nely Dethorne (847) 909-1043. You may also email us at: Jimandpattiu@aol.com or nelydethorne@att.net

Cheers!!

Patti Uttech & Nely Dethorne

Tremper Cheerleading Coaches

www.trempercheer.webstarts.com



TREMPER CHEERLEADING - 2015/2016

Rules & Regulations - Football/Basketball Season

Your daughter is interested in becoming a member of the Tremper Cheerleading Squad for the 2015/2016 school year for Football and/or Basketball Season.

If she is chosen to be a cheerleader, there are specific responsibilities and obligations which your daughter must assume in order to qualify and remain an active member of the Cheer team.

Organization:

- Create school spirit, pride and loyalty
- Promote interest in school activities and perform at school games
- Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character.
- Teach teamwork and pride in a quality performance through maintaining high standards

The cheerleading coach is responsible for administering all disciplinary procedures on team members relating to cheerleading matters.

Eligibility:

- Each squad member must maintain a *C* average in order to participate. Grades are checked every quarter and is up to the Principal/cheer coach to put a girl on suspension until grades are acceptable. They will not be able to practice or cheer with the team until grades are brought up. Also, if they are Truant, they must be benched for a game so please get these resolved before it becomes an issue.

Attendance/Demerits:

- All cheerleaders must be in regular full-day attendance the day of a game or activity.
- All practices are mandatory. If you are sick, and you have NO fever, you need to be at practice to sit out and watch. If you have a fever you need to call my cell phone and let me know. Not contacting me will result in being benched for a game and receiving a demerit. If you are benched for a game, you still must attend the game in your uniform and sit in the bleachers to support your squad & team. Mom must also email me that you left school ill.
- Please do not schedule doctor appts/Ortho/Drivers Ed or other things at practice times or game days. Missing a practice or game unexcused will result in a demerit.
- Demerits will be used as a disciplinary tool. Girls are allowed 3 demerits. 4 or more is possible termination from the team/or benched for games.
- Not following rules and respecting team members will also get you demerits.

Uniform/Practice Wear:

- Each girl is required to attend practices with practice clothes worn (t-shirt, shorts & gym shoes)
NO jewelry is to be worn during practices or at the games.
- Cell phones are in purses and not to be touched unless on a break.
- NO food or gum is allowing during practices or at games. Only water bottles.

Medical:

- All girls selected for the team are required to have waiver forms/emergency cards filled out by parents, signed and turned into me before the 1st practice.

Character:

- All girls should be leaders within the school and set a good example at all times
- Girls should be above reproach maintaining good personal appearance and habits that cannot be criticized.
- Girls must be courteous and friendly to all other team members as well as fellow students and staff
- Sportsmanship is a must and all girls need to be friendly to all opposing teams and visitors
- Any school truancies or unexcused absences or school imposed discipline will be frowned upon and possibly result in being benched for a game and demerit will be received as well.
- If you are removed from the team, you are still responsible for your fees and no refunds will be given.

Practices

- ALL practices are mandatory unless excused
- If they cannot practice due to an injury, we need a signed note from the Dr. and we will need a release as well before you are able to cheer again
- Practices are every Monday & Wednesday after school - 3:15 to 5:30 when school starts in fall!!!
- Please contact us if your daughter will not be at practice so she doesn't receive a demerit
- All our practices and communication is done thru email so please make sure we have your email address.
- The week following tryouts we will begin practicing on Monday's & Wednesday's from 3:30 - 5:30 to start learning sideline cheers & stunts. This will go till school ends in June.
- In July we will resume with Monday & Wednesday practices from ~~3:15~~^{3:30} - 5:30 in Upper Gym.
- Vacations are excusable - but we need to know in advance. Please let us know.
- All my practices and communications are mostly done thru email and texting of the girls. Make sure we have several emails for you and your parents

Website:

- Please pay attention to the website as it is updated with all upcoming events and important info. Follow the info for Football/Basketball cheer teams. Trempercheer.webstarts.com



TREMPER CHEERLEADING

Candidate:

Please have each teacher fill out this teacher evaluation. You will need 3 teacher evaluations. Bring these 3 forms, the tryout waiver/permission sheet and a copy of your current report card to the tryout clinic.

Name: _____

School: _____

Grade: _____

Teacher Name: _____ Subject: _____

Please fill in current grade: _____ Number of Absences: _____

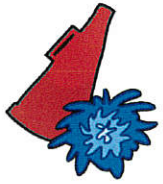
Please rank the candidate from 1-5, 5 being the highest. Consistently low ratings will make candidate ineligible to try out for cheerleading.

						Comments
Dependability	1	2	3	4	5	_____
Leadership	1	2	3	4	5	_____
Attitude	1	2	3	4	5	_____
Cooperation	1	2	3	4	5	_____
Courtesy	1	2	3	4	5	_____
Character	1	2	3	4	5	_____

Teacher Signature: _____

Print Name: _____

Additional Comments:



TREMPER CHEERLEADING

Candidate:

Please have each teacher fill out this teacher evaluation. You will need 3 teacher evaluations. Bring these 3 forms, the tryout waiver/permission sheet and a copy of your current report card to the tryout clinic.

Name: _____

School: _____

Grade: _____

Teacher Name: _____ Subject: _____

Please fill in current grade: _____ Number of Absences: _____

Please rank the candidate from 1-5, 5 being the highest. Consistently low ratings will make candidate ineligible to try out for cheerleading.

						Comments
Dependability	1	2	3	4	5	_____
Leadership	1	2	3	4	5	_____
Attitude	1	2	3	4	5	_____
Cooperation	1	2	3	4	5	_____
Courtesy	1	2	3	4	5	_____
Character	1	2	3	4	5	_____

Teacher Signature: _____

Print Name: _____

Additional Comments:



TREMPER CHEERLEADING

Candidate:

Please have each teacher fill out this teacher evaluation. You will need 3 teacher evaluations. Bring these 3 forms, the tryout waiver/permission sheet and a copy of your current report card to the tryout clinic.

Name: _____

School: _____

Grade: _____

Teacher Name: _____ Subject: _____

Please fill in current grade: _____ Number of Absences: _____

Please rank the candidate from 1-5, 5 being the highest. Consistently low ratings will make candidate ineligible to try out for cheerleading.

						Comments
Dependability	1	2	3	4	5	_____
Leadership	1	2	3	4	5	_____
Attitude	1	2	3	4	5	_____
Cooperation	1	2	3	4	5	_____
Courtesy	1	2	3	4	5	_____
Character	1	2	3	4	5	_____

Teacher Signature: _____

Print Name: _____

Additional Comments:



TREMPER HIGH SCHOOL

TREMPER CHEERLEADERING - 2015/2016

Tryout Waiver/Release Form

Application Release:

I, (applicant name) _____, have read all the rules and regulations that govern the Tremper High School Cheerleading squad. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader for the 2015/2016 school year.

Signature of applicant: _____ Date: _____

Parental Release:

I, understand, have read and fully understand the rules and regulations which will govern my daughter if she is chosen to represent Tremper High School as a cheerleader for the 2015/2016 school year. I further understand that this is an extracurricular activity and that attendance at all practices, games and special functions is a requirement of the elected cheerleader.

I hereby give consent to my daughter, _____ to tryout for cheerleading at Tremper High School and recognize her responsibilities as a leader of the school. I understand that, if chosen, my daughter will be required to pay for her cheer uniform and everything needed. The cost ranges from \$500-\$600. I give my permission for my child to receive medical attention in the event that I am not present or cannot be reached for any reason.

Signature of Parent/Legal Guardian: _____ Date: _____