

Mountain View Cheerleading



Tryout Packet 2014-2015

If it's in your heart, it shows in your SPIRIT!

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Try-out Information and Schedule

Cheerleaders will demonstrate skills in a try-out environment judged by the coaches and a panel of expert guest judges. Try-out clinic and schedule is as follows:

- Mandatory attendance at one Parent Meeting
 - April 1st 6:00pm Lecture Hall OR
 - April 8th 7:15pm Gym
- Tryouts will be held **April 8, 10 and 11th. 4:00-7:00. (Friday could go until 8:00)**
 - Participants selected will be posted on gym doors by 9:30pm Friday.
 - Those participants selected will need to be at MVHS at 9:00am Saturday morning for a quick meeting. More information will be given to those selected for upcoming parent meetings, deposits, and upcoming activities.
- Try-out packets will be available in the front office on **Wednesday, April 2, 2014.**
- You must have an interim Insurance Questionnaire and Emergency contact form filled out and turned in at tryouts. Included in packet.
- If making the team, every freshman and junior need to have current physicals done. **Please wait to complete the physical until after June 1st or the district will not take the signed form.**
- **Packets are due the first day of tryouts COMPLETED, NO EXCEPTIONS!** Failure to finish the packet to completion will disqualify participant from tryouts.
- If for some reason your child requires some special physical accommodations for tryout purposes, please discuss PRIOR to clinic with the Coach.

Materials Needed for Try-outs

- Cheerleading shoes or low tread tennis shoes, DO NOT WEAR cheer gear from previous years. **Tuesday we will run a mile outside plan ahead for weather.**
- Please do NOT wear pants to tryouts. Athletic shorts ONLY during the entire try-out process. Plain shirts and dark shorts are required! We are judging you, not your outfits.
- Thursday Tryouts will be SPIRIT day. Let your MAVS Pride be seen. Please decorate a plain **White** T-shirt however you may like. Let it reflect the true you! Remember you will still be wearing your number. Shirts cannot be professionally done...it must be your original art. No face or hair paint!

Try-out Procedures

- All participants are expected to stay the full time for each day of tryouts. Team formations will be made on Friday following judging. Once your child has gone in front of the judges, they can leave. We will post teams on gym door by 9:30pm.
- **Parents/Friends relatives etc. are not permitted to be present during tryouts/clinics.**

Special Notes

- Captain and co-captain selection will take place at a later time.

Program Explanation

The Mountain View Cheer program is amazing. Being able to cheer for your school and/or selecting to be part of a team that competes is a big decision. We ask that parents and students weigh these options and make their selections carefully. You will be expected to give 100%. Participants are selected and expected to participate year round. Routines, schedules etc. are established with a full team in mind. Quitting or failure to comply with policies affects the entire team. We EXPECT the policies to be followed. This is your first priority while at practice, games and activities.

MVHS Cheer is looking for people passionate about their school. Excited to be part of the fun and filled with pride. The new squad will have a big job ahead of them as we infuse a new level of spirit and cheer into the school. As coaches, we are dedicated to putting together a well- rounded squad. CHARACTER is the key to each individual's success. Academics are our first line of defense for this program. Minimum requirements are established, but we expect our athletes to excel and we plan to help them achieve that. Attitude and Teamwork come next. The physical skills we will develop and perfect as the year progresses, but without a great attitude and work ethic, an individual will not succeed on this team. We expect that participants are coachable and willing to embrace our style of coaching. Punctuality and organization is a must. We are THE leaders at our school, but it won't stop there. We will also be giving back in our community through team building, and community service efforts. It is important that the community that surrounds our school sees what our program is willing to give. Community service can define you as individual and is vital to the success of our program. The characteristics we expect of our participants are not limited to cheer alone. We have a standard of conduct we expect while at school and anytime you are representing MVHS. It is a huge, year round, commitment. We understand the amount of time this program requires, and we do our best to manage time and expectations. The key to limiting any type of issue is to communicate with the coach as soon as possible.

Practices, games and items on calendars are expected to be attended. We understand that items come up and we will do our best to work around those instances. Keep in mind a weekly occurrence (I.e; youth group meetings; other extracurricular activities) cannot be considered exceptions. We ask that you understand when you make this commitment. You are part of a year round team.

Sample Past Schedules

A screenshot of a calendar for July 2013. The calendar shows various activities and events, including practices and games, with dates and times listed for each day.

A screenshot of a calendar for December 2013 titled "MVHS GAME DAY CHEER". The calendar lists various events, including practices, games, and special events like "WINTER BREAK" and "SALT LAKE CITY GAME".

A screenshot of a calendar for October 2013 titled "MVHS GAME DAY CHEER-VARSITY (Revised)". The calendar shows a weekly schedule of practices and games, with specific dates and locations listed for each event.

Team Composition

****There will be no more than 50 participants across the entire program.*

Three teams and a mascot are being selected

- **Frosh Team** Freshman participants. These participants will cheer at all Frosh games selected and sophomore games. They will not attend an official camp, but will have a camp experience at the school. They will also be asked and expected to attend other various games to help promote school participation/spirit.
- **Junior Varsity (JV)** Sophomore-Junior participants. JV cheerleaders will cheer at all JV selected games and select Varsity games. They will attend camp. They will also be asked and expected to attend other various games to help promote school participation/spirit. All participants of this team will be mentors to the Frosh team.
- **Varsity** Sophomore-Senior participants. Seniors can only make the Varsity team. Status from previous year will not affect the team you make. Each position/team must be earned. Varsity cheerleaders will cheer at all Varsity selected games. They will attend camp. They will also be asked and expected to attend other various games to help promote school participation/spirit. All participants of this team will be mentors to Frosh Team and JV team. A letter can be earned for this level of participation. Please see guidelines for lettering.
- **Mascot** 1-2 participants will be selected grade level Frosh-Senior. Mascot will be part of Varsity team. Participants will attend camp. You will be required at practices and expected to learn cheers, dances and develop with coach's assistance routines to perform at games, assemblies etc. You are responsible for the care of your uniforms. A schedule will be set to attend various levels of games. It is a requirement to be at all Varsity games selected. All squad rules/policies and guidelines are applicable to the mascot position.

****Participation in any competitive environment will be selected by coaches at a later time.

Minimum Skill and Character Requirements:

The minimum athletic abilities we are requesting are as follows: Dance skills, solid jumps, motions, stunting, voice projection, teamwork and general outstanding physical fitness. Please note that while judging will be based on ability, it is also based on potential to succeed. Hard work and dedication can be seen and will be watched during tryout/clinics.

- An interview will be conducted for each participant during clinics.
- Jumps Judged: Toe Touch, Herkie, and Hurdler separately.
- Strong Cheer Voice
- Strong Motions and solid Technique
- Positive, outgoing, helpful, team-work attitude at all times.
- **If you have a current F you ARE NOT PERMITTED TO TRY OUT.** We need athletes that know how to balance their schoolwork. Please seek Coach to discuss if you are in the process of grade change/plan with your teacher. It will require additional written information from your teacher.
- Tumbling is not required, but will be evaluated and noted appropriately.
- Timed 1 mile run
- There will be no stunting at tryouts.

Mountain View Mavericks

Mascot/ Cheerleading Season Overview

High school cheerleading is an important and intricate part of the high school and community culture. Our community and school appreciate the cheerleader's leadership and performance capabilities. We will enjoy their energy at pep rallies, games, half times, and other spirit events. It is our goal to create and maintain an elite, leadership guided cheerleading squad. We strive for positive, well rounded cheerleaders by fostering teamwork, and a goal oriented squad. We will excel in the promotion of positive school spirit, good sportsmanship, school unity, and support for fellow athletes. We will maintain a high level of respect for themselves, our community, our families, and our school.

Cheerleading Season

Cheerleading requires a HUGE time commitment not just from cheerleaders, but from their families as well. Our season usually lasts from May through March of the following year. Commitments include but are not limited to games, performances, homecoming week events, competitions, fundraising, community service, and mentoring. Practice schedules will be established for the entire summer by the end of May. We want to try and accommodate the majority of the team. We know we will not always get it perfect for everyone, but we will work hard to work with everyone. August is a critical prep time for our team with upcoming Welcome Back assembly practices. The fall schedule will come out in August (after coaches have met and calendars for all sports are approved). Practices are mandatory. We will do our best to work around summer schedules, but communication is key. Anything missed will be subject to review if not communicated in advance. Any absences will be the participant's responsibility to make up. We ask that you look at your vacation schedules. It isn't simply a missed practice for a player; it affects the entire team and our practice schedule. Please make sure that you can handle the time commitment prior to stepping into tryouts!

Outside Teams

You are not permitted be on any outside competitive cheerleading teams during our season. Exceptions will be made for band, choir, or other MVHS activities, NOT FALL SPORTS. Cheerleading at MVHS is an extremely high commitment and requires an outstanding level of dedication; we need our athletes focused on just MVHS cheer as a sport. Please discuss any concerns with coaching staff **prior** to tryouts.

Summer

The summer will consist of summer practices, team camp, fundraising, and community events. The summer practice schedule will be determined by the end of May. There will be breaks and we strongly encourage you to plan around those.

- Cheer camp is scheduled for JV, Varsity and Mascots July 30th- August 2, 2014 at BSU. We will be staying on site overnight. Cheer camp is an essential and mandatory commitment.
- We are also committed to helping Optimist Football and Cheer at their annual cheer camp August 8th 6:00pm-8:30pm and August 9th 7:00am-3:30pm. This is a

great event that will allow awesome mentorship and exposure to our program. We will be able to then utilize that resource for our Little Mavs Cheer Clinics.

- We will have training time at every practice.
- Expect to spend three days a week for around 1-2 hours in the school gym.

Commitment over the summer is imperative to the success of the team, if you cannot commit to any summer practices, please do not tryout. We are looking for outstanding team members with a high level of commitment!

Fall & Winter

Once school starts we will adjust practice schedules accordingly to accommodate games and allow for time for studies. We will be coordinating schedules with multiple sports, so we ask for your patience and flexibility as we are expected to follow the venue booking protocol.

Games/Performances

Cheerleaders will be expected to support all sports in some capacity. We will help promote game times, and make sure that each sport feels the support of our team. Examples would be posters, fun treats, showing up for a portion of the game and not necessarily cheering but being there. Freshman will not travel to away games. JV and Varsity will be expected to be at all home games AND Away games (locally). We will look at travel if necessary for further games such as Mtn. Home. Otherwise it is the cheerleader's responsibility to get transportation ahead of time to the games. District and State games will be addressed as they arise, plan on full participation in some aspect from all teams at this point.

Cost

We will do everything we can during the season to reduce any additional costs. Current costs are at an anticipated amount and will not exceed the amount, but could be lower if pricing comes back in our favor. You will receive an estimate tonight and we will have firm numbers after tryouts. We will do as much as we can to help with expenses through fundraising. Payment expectations are listed on the cost sheet. It IS possible to fundraise your entire season, more than one cheerleader did this the past year.

Mountain View Cheerleading

PLEASE PRINT

Student's Name: _____ DOB: _____
Current Grade: _____

Student's Full Mailing Address

_____ City _____ Zip _____

Student's Phone Numbers: Home: _____ Cell: _____

Student's Email

Current Cumulative GPA: _____ Current Semester GPA: _____

(You must attach a full transcript, including grades from every class you have taken at MVHS. If you are an incoming freshman, attach a copy of your last report card. You must have a 2.3 GPA in the current and cumulative semester, if you don't you are ineligible to tryout.)

Mother's Name

Mother's Address if different than student:

_____ City _____ Zip _____

Mother's Phone Number:

Home: _____ Cell: _____ Work: _____

Mother's Email Address:

Father's Name

Father's Address if Different from student

_____ City _____ Zip _____

Father's Phone Number:

Home: _____ Cell: _____ Work: _____

Father's Email Address:

Who would you like listed as our first point of contact for cheer related business

(You may elect to have both parents, please just indicate that)

Other activities in school and in your community that you are involved in:

Have you cheered before? _____ How many years? _____

Do you have stunting experience? _____ List stunts _____

Preferred stunt position: Flyer Main Base Side Base Back Front All Most

Other items to be completed for tryouts:

- You will be expected to submit a double spaced typed essay of no less than 200 words. Please answer the following question (Please attach with your packet upon turn in).
 - ***Why is character a defining role for a cheerleader and what will you do to help maintain a positive direction for MVHS cheer?***
- 3 Current Teachers must complete an on line survey. This score will count, so please make sure you check back with those teachers PRIOR to coming to the first day of tryouts. It is a quick survey. See items attached to give to your teacher.
- 1 written recommendation from a teacher or administrator (can be past or present). Please attach to your packet information.

If you make a cheer team at MVHS do you intend to accept your position and commit 100%? _____

Have you reviewed the 2013-2014 Tryout Information Packet? _____

Please indicate any known conflicts:

Known summer vacation plans:

Your signature below indicates that you have read, understand, and will abide by the tryout process, time commitment (including summer schedule), ON TIME financial commitment, and have a full understanding of the extreme level of commitment required to be a cheerleader or parent of an MVHS cheerleader.

Student (Sign and Date)

Parent (Sign and Date)

Mountain View Cheerleading

ATTACH BELOW A HEADSHOT (Please do NOT go spend money to have photos taken, a simple school picture or photo copy will do!) This image is utilized when discussing tryouts with judges.

Below is for Coach to complete:

Candidates Name

Grade level

Tryout Number

MVHS Cheerleading/Mascot Teacher Recommendation Request

Dear Teacher:

It is with great pleasure that one of your student's is trying out for the Mtn. View High School Cheerleading Team. The program has an emphasis on infusing school spirit into the student body. We are looking to build a positive, leadership guided, well rounded cheerleading squad. We need your help. Your recommendation on students may be the best advice we can get as far as how dedicated the student is as well as their leadership skills. Please take a moment to evaluate

To simplify the process, please complete the Online Survey ***NO LATER THAN Monday, April 7, 2014.*** These recommendations are vital to the participant's score and they chose you to evaluate them. The survey is very quick and easy to navigate.

<https://www.surveymonkey.com/s/LCFWXGM>

If you have any questions, please contact Connie Condie mavs_cheer@yahoo.com

Thank you!

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Thank you!



2014-2015

MVHS Cheer Estimated Costs

FROSH- ESTIMATES ONLY

MVHS Spirit Gear; Warm Up's; 1 Full Uniforms and 1 rental uniform; 2 sets Briefs; Bag; 1 pair of shoes; leggings; Bows; Sweatshirt; 1 White Liner; Poms.

*** Boys pricing will differ due to no on hand stock of uniforms. Plus megaphone purchase

\$725 No camp fees

Mascot- ESTIMATES ONLY

Spirit gear \$100 + Camp \$325

\$425

JV- ESTIMATES ONLY

3 Day Camp Outfits; Warm Up's; 1 Full Uniforms and 1 rental uniform; 2 sets Briefs; Bag; 1 pair of shoes; leggings; Bows; Sweatshirt; 1 White Liner; Poms; Camp.

*** Boys pricing will differ due to no on hand stock of uniforms. Plus megaphone purchase.

\$725 + Camp \$325 = \$1050

NEW Varsity Member- ESTIMATES ONLY

3 Day Camp Outfits; Warm Up's; 3 Full Uniforms; 2 sets Briefs; Bag; 1 pair of shoes; leggings;

Bows; Sweatshirt; Varsity Jacket; Poms; Camp.

*** Boys pricing will differ due to no on hand stock of uniforms. Plus megaphone purchase.

\$1150 + Camp \$325=\$1475

RETURNING Varsity Member-ESTIMATES ONLY

3 Day Camp Outfits; Warm Up's; 2 Full Uniforms; 2 Sets of Briefs; Bag; 1 Pair of shoes;

leggings; Bows; Sweatshirt; 1 White liner; Poms; Camp.

*** Boys pricing will differ due to no on hand stock of uniforms. Plus megaphone purchase.

\$950+ Camp \$325 =\$1275

First Deposit will be 1/3 of amount due and will need to be made no later than **April 25, 2014**. Followed by payment s due in May and Final payment in June. There will be several fundraiser opportunities and we encourage everyone to participate.

