


2017-18 Team



**AHS**

**CHEER**

*Tryout Packet*

**3-DAY CLINIC | APRIL 17** Monday-Wednesday 5:30-7:30pm  
**TRYOUT DAY | APRIL 21** Friday 5:30-7:30pm

Enclosed is the 2017-18 AHS Cheer Tryout Packet. Please read through entire packet before filling out. Completed forms will be required in order to participate in the mandatory 3-Day Clinic & Tryout. Contact the AHS Cheer Coordinator for questions & schedule conflicts.

**TRYOUT PACKET AVAILABLE AT  
THE AHS SCHOOL OFFICE OR DOWNLOAD**

[www.acalanesboosters.com/sports/cheer/](http://www.acalanesboosters.com/sports/cheer/)

**TRYOUT LOCATION** Acalanes High School Gyms  
1200 Pleasant Hill Road Lafayette, CA 94549

**QUESTIONS &  
SCHEDULE ISSUES**

Sallina Boynton

AHS Cheer Coordinator

[sallinaboynton@gmail.com](mailto:sallinaboynton@gmail.com)



## CLINIC & TRYOUT WEEK INFORMATION

APPLICATION TO BE TURNED IN ON THE FIRST DAY OF CLINIC

*Thank you for your interest in the 2017-18 Acalanes High School Cheer Team!*

Please read through the packet to get a better understanding of expectations. Cheerleading is now a recognized Varsity Sport and subjected to rules and regulations including and not limited to — Practice, Game Day, School Attendance, GPA, Code of Conduct. Students & families must be committed to post-tryout training schedule, 2017-18 squad seasons, practice and summer training.

*Spectators not allowed during clinic or tryout*

**3-DAY CLINIC** APRIL 17-19, 2017 MONDAY-WEDNESDAY 5:30-7:30PM  
During the mandatory 3-Day Clinic participants learn cheers, skill techniques, working in small teams and choreographed routines.

**TRYOUT DAY** APRIL 21, 2017 FRIDAY 5:30-7:30PM  
On Tryout Day, participants will perform their assigned group's routine in front of coaches and any AHS administration.

### WHAT SHOULD I BRING & WEAR?

- Tryout Application Packet (Tryout Application, Parent & Student Agreement, Medical Waiver, Code of Conduct, Photo Release).
- Recent photo.
- OUTFIT— A white t-shirt (no writing on shirt) and black shorts.  
Shoes and socks are a **must**. Previously used AHS cheer shirts may not be worn.
- HAIR — Needs to be pulled back and secured in a high pony tail. No bangs please.  
Ribbons may be worn in hair.
- WATER!!!
- NO jewelry may be worn.
- NO long or acrylic nails or nail polish.
- NO “over-the-top” make up.

### MAKING THE TEAM

**PLACEMENT** Please note that Freshmen will not be placed on Varsity. A participant trying out for Varsity Spirit Squad may be placed on the Junior Varsity Squad.

**OFFER ACCEPTANCE** Upon receiving an email making the 2017-18 AHS Cheer Team, you will need to reply that you accept your spot on the listed squad. Spring training will start promptly after roster is finalized.



## SPIRIT, STUNT & COMPETITION SQUADS

# What's the difference?

### SPIRIT

SPIRIT is divided into Junior Varsity & Varsity squads. SPIRIT performs general cheer and choreographed routines. Cheerleaders can opt to try out for **SPIRIT ONLY**.

### PRACTICE

Spirit JV or Varsity

### SEASON

Fall Football  
Winter Basketball

### ALONG WITH

**but not limited to:**  
school rallies, spirit days, fundraising events, and any required AHS Cheer representation of the school.

### STUNT

As part of the SPIRIT squad, STUNT squad performs the segments of routines which require lifts, tosses and tumbling. General practice sessions may require working with a trainer.

*12 spots + 2 alternates*

### PRACTICE

Spirit JV or Varsity  
Stunt

*Gymnasts will need to maintain skills with independent outside training.*

### SEASON

Fall Football  
Winter Basketball  
Stunt *as needed*

### ALONG WITH

**but not limited to:**  
school rallies, spirit days, fundraising events, and any required AHS Cheer representation of the school.

### COMPETITION

COMPETITION squad consists of selected SPIRIT & STUNT members to represent AHS in the High School Regional and National level competitions. The squad is essentially involved year-round.

*16 spots + 2 alternates*

### PRACTICE

Spirit JV or Varsity  
*Stunt (if applicable)*  
Competition

### SEASON

Fall Football  
Winter Basketball *as allows*  
Competition *season length reflects high school & national tournament placement and advancement*

### ALONG WITH

**but not limited to:**  
school rallies, spirit days, fundraising events, and any required AHS Cheer representation of the school.



**AHS CHEER**  
**2017-18 Team Tryout**  
**3-DAY CLINIC April 17-19 + TRYOUT April 21, 2017**

## CLINIC & TRYOUT REGISTRATION FORM

\* TRYOUT PACKET FORMS & AGREEMENTS REQUIRED FOR PARTICIPATION \*

### CHEERLEADER INFORMATION

FULL NAME:

BIRTH DATE:

PRIMARY ADDRESS:

CITY:

STATE:

ZIP:

CELL PHONE:

EMAIL:

EMAIL:

### PARENT/GUARDIAN INFORMATION

PARENT/GUARDIAN 1 FULL NAME:

CELL PHONE:

EMAIL:

PARENT/GUARDIAN 2 FULL NAME:

CELL PHONE:

EMAIL:

### CHEERLEADER QUESTIONNAIRE

GRADE FOR 2017-18 SCHOOL YEAR     9     10     11     12

CURRENT SCHOOL     AHS     STANLEY     JOAQUIN MORAGA     ST. PERPETUA     OTHER:

LIST YOUR 2016-17 GPA TO DATE

1ST SEM/QUAR:

2ND SEM/QUAR:

CURRENT:

WHICH SQUAD ARE YOU AUDITIONING FOR?

SPIRIT ONLY     STUNT     COMPETITION

CHEERLEADER NAME:

WHY DO YOU WANT TO BECOME A CHEERLEADER?

LIST PREVIOUS CHEER EXPERIENCE:

WHY SHOULD WE CHOOSE YOU?

LIST ANY SCHEDULING CONFLICTS YOU ARE AWARE OF:

DO YOU PLAN ON TRYING OUT FOR ANY OTHER FALL OR WINTER SPORT(S) IN ADDITION TO CHEERLEADING?  YES  NO

**CLINIC & TRYOUT AGREEMENT**

Our signatures below indicate we have read and understand all information regarding try-out policies and procedures and agree to abide by all policies set forth by **Acalanes High School**. We understand that a financial obligation will be incurred if my child is selected as an **AHS Cheerleader**. If my child is selected as a member of the **AHS Cheerleading Program**, I am agreeing to meet all financial obligations. **Acalanes Union High School District, Acalanes High School**, and its employees, will not be held liable for injuries sustained during tryouts.

CHEERLEADER SIGNATURE:

DATE:

PARENT/GUARDIAN SIGNATURE:

DATE:

CLINIC NOTES:

TRYOUT DAY NOTES:

TEAM ASSIGNMENT:  SPIRIT ONLY  STUNT  COMPETITION  ACCEPTED  YES  NO DATE: / / 2017

# ACALANES HIGH SCHOOL CHEERLEADING **CLINIC & TRYOUT MEDICAL WAIVER**

This form must accompany Tryout paperwork.

No one can be admitted into Clinics or Tryout unless this form has been completed.

## **PARTICIPANT INFORMATION** THIS FORM DOES NOT REQUIRE A PHYSICAL EXAMINATION

NAME: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

### **IN CASE OF EMERGENCY PLEASE CONTACT:**

HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_ PHYSICIAN PHONE: \_\_\_\_\_

## **MEDICAL INFORMATION** THIS FORM DOES NOT REQUIRE A PHYSICAL EXAMINATION

PLEASE LIST ALLERGIES: \_\_\_\_\_

PLEASE LIST ANY MEDICATION THE PARTICIPANT IS CURRENTLY TAKING: \_\_\_\_\_

PLEASE MAKE ANY NECESSARY COMMENTS CONCERNING PHYSICAL CONDITION, RESTRICTIONS, ETC: \_\_\_\_\_

## **INSURANCE INFORMATION** THIS FORM DOES NOT REQUIRE A PHYSICAL EXAMINATION

NAME OF INSURANCE COMPANY: \_\_\_\_\_

NAME OF SUBSCRIBER: \_\_\_\_\_ POLICY #: \_\_\_\_\_

RELATIONSHIP TO PARTICIPANT: \_\_\_\_\_

### **PERMISSION TO PARTICIPATE & MEDICAL RELEASE**

I, the undersigned parent/guardian, do hereby grant permission for my daughter/son to attend the Acalanes High School Cheerleading **Clinic & Tryout**. In order for she/he to receive the necessary **medical** treatment in the event of an injury or illness, I hereby authorize AHS Cheer to obtain **medical** treatment for her/him for such injury or illness during any event, and I hold Acalanes High School and their representatives harmless in the exercise of this authority. I further acknowledge, understand, and agree that in participating in this event there is possibility of injury or illness by her/his participation. I assume full financial responsibility for such treatment.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_



**STUDENT & PARENT AGREEMENTS**  
AGREEMENTS TO BE TURNED IN ON THE FIRST DAY OF CLINIC

## *Cheerleading Code of Conduct*

As a member of the Acalanes High School Cheer Team, Cheerleaders represent the school and themselves both on and off the court or field. The strongest teams communicate and support one another as well as work through challenging situations. This includes Teammates, Coaches, and Parent / Guardians. Please read over our Code of Conduct and sign below:

**CONFLICT** — Communication with fellow cheerleaders, coaches, parents or anyone affiliated with the cheer program must be positive. This includes direct communication, phone communication and social media. You must keep open lines of communication with your coaches. Any conflicts or concerns should first be addressed and resolved with coaches.

**PARTICIPATION** — You must attend and be on time to all Cheer events including: camps, rallies, and fundraisers. You must adhere to the dress code for the 2017-18 Varsity & Junior Varsity Cheer Program.

**SUSPENSION** — Please be aware, any transgressions during the season may result in suspension as determined by coaching staff and administration. This includes inappropriate, derogatory or incriminating social media. There is ZERO tolerance for underage / illegal substance usage.

**CHEERLEADER SIGNATURE:**

**DATE:**

**PARENT/GUARDIAN SIGNATURE:**

**DATE:**





## PHOTO RELEASE FORM

TO BE TURNED IN ON THE FIRST DAY OF CLINIC

The Acalanes High School Cheer Program & Team, in Lafayette, California, has my permission to use my or my minor's photograph publically to promote the Acalanes High School Cheer Program & Team and its Junior Varsity & Varsity Spirit, Stunt and Competition Squads. I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

**NAME OF MINOR:**

Release for Minors (those under the age of eighteen). I, the undersigned, being a parent or guardian of the minor, hereby consent to the foregoing conditions and warrant that I have the authority to give such consent.

**PARENT/GUARDIAN SIGNATURE:**

**DATE:**

**PARENT/GUARDIAN NAME:**

**PARENT/GUARDIAN PHONE NUMBER\*: (       )       -**

**EMAIL\*:**

*\*Will not be used for any other purposes or distributed to third parties.*







## 2017-2018 IMPORTANT DATES

CALENDAR DETAILS SUBJECT TO CHANGE | UPDATED 2017.0312

### *New season immediate dates!*

**MANDATORY UNIFORM FITTING** APRIL ??, 2017 | AHS GYM

Meet your Cheer big buddy. Be prepared to pay for cheer uniform.

**NEW SEASON ALL-SQUAD PRACTICE** TBD | AHS GYM

New season welcome! Meeting will begin promptly.

**STUNT CLINIC** MAY 6, 2017 SUNDAY | COLLEGE PARK HIGH SCHOOL

Stunting skills for Cheerleaders & Coaches. \$25 per Cheerleader.

**NEW SEASON PARENT MEETING** MAY 7, 2017 MONDAY 5:30PM | AHS GYM

New season welcome! Meeting will begin promptly.

**SUMMER BREAK** JUNE 2017 TBD

**CHEER SUMMER DAYCAMP** AUGUST 4, 5, 6, 2017 | ALHAMBRA HIGH SCHOOL

\$149 per Cheerleader. Skills & routine team-up with regional high schools:  
Acalanes, Campolindo, Miramonte, Alhambra, Ygnacio Valley, College Park

### *Anchoring Dates!*

IN ADDITION TO THE SEASON SCHEDULE

**CHEER FAMILY GET TOGETHER** TBD

Let's kick off the new Cheer year and meet the squads and their families. Can you host?

**LAFAYETTE ART & WINE FESTIVAL** SEPTEMBER 16-17, 2017 | DOWNTOWN LAFAYETTE

Cheerleader Booth — Saturday 10am-7pm; Sunday 10am-6pm

Parent /Guardian Ticket Booth — 11:30am-7:30pm

**SENIOR NIGHT FOOTBALL & HOMECOMING** OCTOBER ?? 2017 | AHS FOOTBALL FIELD

A celebration of our outgoing Senior Cheerleaders & Football Players!

Requires field prep, stand decorations, Senior Invites, gifts.

**SENIOR NIGHT BASKETBALL** APRIL ??, 2018 | AHS BASKETBALL GYM

A celebration of our outgoing Senior Cheerleaders & Basketball Players!

Requires court prep, stand decorations, Senior Invites, gifts.

**END-OF-CHEER SEASON BANQUET** LATE APRIL 2018

A final celebration of the 2017-18 cheer season.



## ANTICIPATED COSTS, FUNDRAISING, PARENT SUPPORT

*We can't do it without you!*

AHS Sports are self-funded by athletes, their families and any Acalanes Boosters support. Operational costs for the AHS Cheer Program runs upwards to \$28,000. We rely on Fundraising as well as Family Contributions & Parent Volunteering to alleviate financial burden on any one family.

### **CURRENT FAMILY CONTRIBUTIONS**

Estimated Annual Cost per Cheerleader \$1200-\$1500

- Uniforms & Gear — Custom, All-Season, Head-to-Toe
- Carpooling to away games and competitions
- Competition costs
- Skills Training
- Choreography

### **AREAS WE ARE SEEKING AHS ATHLETICS & BOOSTERS SUPPORT**

- Transportation
- Athletic Trainer
- Choreography & Training
- Cheer Coordinator & Coaching Training Updates

### **FUNDRAISING CURRENT & OTHER OPTIONS**

- Host Stunt Competition at AHS
- Fall Football Cheer Clinic — K-5 or K-8?
- Winter Basketball Cheer Clinic — K-5 or K-8?
- Online Donation Program — Go Fund Me or similar
- Flamingo Flocking — Dry months; Flamingo Valentine; Individual AHS Flamingo-Grams
- Car Wash

### **PARENT VOLUNTEERING & SUPPORT**

- Team Parents / Treasurer / Fundraising Chair / Carpool Coordinator
- Event & Game Representation
- Senior Night Football Homecoming
- Senior Night Basketball