

Central Bucks East Cheerleading TRY-OUTS

Dear Parents and Cheerleaders,

We are Stephanie Latronica and Marla Porreca, the Central Bucks East High School cheerleading coaches. As former CB East Patriot cheerleaders, we take pride in the program, and put an extreme amount of energy and emotion into all that we do with it. After having three of the best years of our lives, due to cheerleading at East, we hope our cheerleaders graduate from high school saying the same!

Every CB East cheerleading hopeful will be receiving an information packet. It is regarding *Try-Out Week*, try-outs, and post try-outs. The packet will be read over and discussed with all of the cheerleaders trying out and their parents so there is a complete understanding of what occurs in our program. The packet and its contents are given readily so as to keep everyone "in the loop."

There is a "Contract of Understanding" that each cheerleader and parent is to sign after the discussion, it is to be returned to us prior to trying out. This again is to simply make sure that there is comfort in your participation in our program.

If at any point there are questions or concerns during this week, we are more than happy to answer them. We thank you for your participation, for your cooperation and for your understanding. And we look forward to the next year!

For questions, you may contact us at cheer4cbe@yahoo.com.

Thank you,

Stephanie and Marla
Head Cheerleading Coaches
www.cheer4cbe.com

C- Character

H- Heart

E- Enthusiasm

E- Effort and Attitude

R- Respect

Try-Out Week

During *Try-out Week* you are expected to be able to learn all of what is taught to you and perform them to the best of your abilities at the end of the week. There will be a mix of things going on at any given time throughout the days; here is a breakdown of everything you may need to know!

At practices during *Try-Out Week*:

- Be sure to arrive at the gym at least 10-15 minutes prior to the start of practice in the appropriate practice attire
- Pay attention and be attentive, the graduating senior cheerleaders will be teaching you the try-out material.
- Be in a position that you can see and learn without distraction
- Ask questions! It's better to ask and know, than not to ask and not know!
- Stay positive, some take longer to learn new things and that is ok
- Have good sportsmanship. You may not be best friends with every cheerleader in the gym, but you must respect everyone there and their decision to try out
- You may bring a paper and pen to practice to write down the chants and cheers learned that day. It is to be kept out of reach until the end of practice

(The athletic trainer, Krista, will be available during *Try-Out Week* when needed)

Interview with the Coaches

We intend on meeting all of the cheerleaders trying out. We will be doing this by conducting interviews during *Try-Out Week*, with both alumni and new recruits. We will be asking questions related to your past, present, and future cheerleading experiences. And relax, your answers just have to be honest, you will not be receiving points according to your answers. **Each cheerleader will be given a questionnaire to fill out, and will be required to bring it with them on the first day of *Try-Out Week* (May 17th).** This is to help the coaches meet all of the cheerleaders.

Try-Out Week cont'd. . .

Proper Try-Out Week attire:

- Practice shorts, nothing too short. Undergarments are a *MUST*; bloomers may be worn under the shorts if preferred
- Sweatpants and other long pants are **NOT** to be worn; they get in the way and hide technique!
- Fitted t-shirts are to be worn. Nothing too small or too big. No mid-drifts showing
- White socks and sneakers are to be worn in the gym at all times
- Hair is to look clean. It may be pulled back in a ponytail or half up; either way there is to be **NOTHING** hanging in your face to be a distraction. A ribbon is allowed.
- **NO** jewelry allowed!

What you will learn during Try-Out Week:

- 2 sideline chants
- 2 floor cheers
- 1 dance – approximately five 8- counts long

Every day, the mats will be rolled out and ready to use for tumbling; standing and running. There will be **NO** spotting available. For your safety, and the safety of the spotter, this week is **NOT** the week to attempt to tumble or try something new for the very first time. This is not a spring floor, be prepared and go to the gym before this week.

Try-Out Week Itinerary:

May 17th-19th: 5pm-7pm
Friday, May 20th: 3pm -?

What to Bring:

- “Contract of Understanding” signed by cheerleader and parent/**guardian (if you do not have this paper on the first day of tryout week, you will not be able to participate until it is handed in and signed)**
- Questionnaire

Try-Out Day

What you will be asked to perform during your try-out:

Tumbling (standing or running tumbling is a requirement to make the varsity team)

- Backhandspring
- Additional standing tumbling
- Running tumbling.

Jumps

Double Toe Touch is required, plus 2 additional jumps of your choice

- Toe Touch
- Side Hurdler (Left or Right)
- Front hurdler (Left or Right)
- Pike
- Double 9

Material Learned During Tryout Week

- 2 sideline chants
- 2 floor cheers
- 1 dance, five 8-counts (repeated)

Try-Out attire:

- White shirt, proper length and **tucked in**
- Dark shorts (red, blue, black, etc)
- Nothing on you should indicate to the judges that you have cheered at CB East in the past
- Hair tied back, out of your face. With a ribbon if desired
- NO jewelry
- Natural make-up

Appearance is your first chance to make a good first impression. Come in looking clean and well kempt. With a smile of course!

A couple pointers!

- Keep eye contact with the judges; remember they are the ones you need to impress!
- Keep your chin up, have confidence, you have worked extremely hard to get here
- Have spirit, show your energy and enthusiasm
- Keep a strong, loud voice. Keep the judges' interest; if they can't hear you, they don't want you
- If you make a mistake, play it off and act like nothing happened. Keep on going!
- Do your very best. Compete against no one but yourself, and you will always win!

Some things to think about

Prior to trying out for the cheerleading team, we want to inform the cheerleaders and their parents of some of the commitment and financial responsibilities if placed on the East Cheerleading team there is a lot to consider, and much to think about, if planning on becoming a CB East Cheerleader.

Commitment:

CB East cheerleading as a sport does not only have one season designated to it. Cheerleading at CB East, and many other high schools, has become a year-round sport.

In the summer, directly following the formation of the new team(s), practices and fundraising will begin. Practices throughout the summer will be once a week starting after tryouts until mid August. After that cheerleaders will participate in both home and away camps to prepare for the year ahead. (Please see the schedule that is up on our website at www.cheer4cbe.com that schedule is always updated)

In the fall, the cheerleaders will attend football games, both home and away. In the winter, the cheerleaders attend boys and girls basketball games. Preparation for competition will begin as soon as the mandatory season begins. Competition season will begin in December and go through to the end of February. Competition is mandatory and each cheerleader on the team will participate in competition.

All the while, practices will be held approximately 3-5 times per week, at times decided upon according to gym and coach availability. The team will also have tumbling practice at a tumbling gym once a week.

In addition to practices, the cheerleaders will participate as a team in numerous fundraisers and community services, which may occur on weekend days.

The schedule for the entire season will be on the website (www.cheer4cbe.com) and will always be updated.

Finances:

A partial uniform will be given to each cheerleader, provided by the school. Therefore, must be returned to the school at the completion of our “season.” This includes shell, skirt and poms. **You may purchase your own uniform.**

The rest of the uniform such as undergarments, shoes, hair bows, warm up outfit, camp clothes, etc. are to be paid for by each cheerleader. All members of the cheerleading team are required to wear specific uniformed attire to camp in the summer and multiple times throughout the year at specific events and practices. Many of the clothes purchased for camp are reused throughout the year. These clothes are required and are to be purchased by the cheerleader.

The ordering of these clothing items occurs in a timely manner after the formation of the squad, and payments will be required shortly after tryouts.

As a team, there may be additional clothing that is purchased at later times.

Besides clothing, camp itself will require an early down payment or full payment to reserve the cheerleader’s spot. If you do not pay during the required time you will not be able to attend camp.

There will also be additional costs for tumble gym entrees and trips taken for away competitions.

Fundraising efforts continue year-round as well to assist in offsetting costs paid by parents. ***ALL*** cheerleaders on JV and Varsity are to participate in all fundraising efforts!

A list of items to purchase with approximate prices will be handed out with this packet. This information is being given to all so as not to come as a surprise later.

CB East Cheerleading Clothing

(All of these prices are approximate and are subject to change)

JV and Varsity – required:

Nike cheer shoes	\$45
(V)Cropped body liner	\$63
(JV) Cropped body liner	\$53
Warm –up Uniform (top/bottom)	\$200
Auxiliary Uniform	\$55 (this is part of the camp clothing)
Bows (2)	\$21
Socks (2)	\$10
Bloomers (2 pair suggested)	\$9/pair

Optional purchases:

Duffle bag	\$40
Back Pack w/embroidery	\$17
Scarf	\$20
Gloves	\$7
Ear Warmers	\$10-\$17
Rain Jacket	\$18
Back Pack w/embroidery	\$17

Camp

Clothing (for all 4 days)	\$160 (some of this is included in the above pricing)
Camp	Varsity: \$263 JV: \$233

All of the camp clothing will be worn at multiple events throughout the year, such as; cheer clinics and other fundraisers, practices, and to school for our spirit days.

The gloves, ear warmers, scarf, and rain jackets are optional items. However, we do cheer in the rain and the cold, and the team is still required to be in uniform! **Only CB East approved cheerleading uniformed attire is to be worn while cheering at the games, therefore, these optional items are nice to have around!**

“Contract of Understanding”

I, (name of cheerleader, printed) _____
have read the entire CB East Cheerleading try-out information packet. I have read and discussed all of the information given to me with my parents and understand the conditions for the try-outs being held. I am also aware of the rules, regulations, and financial and commitment obligations for me should I be placed on the cheerleading team.

I am aware of what is expected of me during ***Try-Out Week*** and accept the possibility of injury during this week. I recognize that I have chosen to participate in this weeklong event of free will, and should an injury occur the responsibility is my own. I accept that CB East and the Cheerleading coaching staff are not responsible for any injuries sustained at this time.

Signature of Cheerleader _____

Signature of Parent _____

Date _____