

Welcome to Arvida Middle School Cheerleading Team
Virtual Tryouts 2020

The process for the tryouts is as follows:

Step 1: Complete this packet and submit a copy via email to AMScheertryout@gmail.com. Once we have received your packet, we will send you a tryout number and YouTube link to our tryout page. **PACKETS ARE DUE NO LATER THAN WEDNESDAY, May 6, 2020**

Step 2: Pre-tryout Meeting: The first parent/cheerleader meeting will be held via a YouTube video. Once we receive your tryout packet, we will send you a link to the video. All parents/guardians and prospective cheerleaders are **expected** to watch the pre-tryout video. If you have any questions, please feel free to email AMScheertryout@gmail.com.

Step 3: Watch and Learn the tryout material: Along with the pre-tryout meeting link, you will also receive the links to the three instructional videos (cheer, dance, and jumps) that you will need to learn. This is what you will be judged on. The videos will be available Saturday, May 8th at 10:00 AM until Sunday, May 9th at 10:00 PM. In order to tryout, you must watch, learn and perform the material/routines in the videos.

Step 4: Tryout videos submission: After you have learned the material, you will need to have someone record you performing the jumps, cheer, and dance. You will upload your video to your YouTube channel and submit your YouTube link to AMScheertryout@gmail.com. **Link must be submitted by Monday, May 11, 2020 NO LATER THAN 4:00 PM.** Any emails received after 4:00 PM will be disqualified from tryouts. We will provide you a sample video of how to create your private YouTube channel.

Instructions for uploading your video:

Create a private YouTube channel. Upload your video file to your private YouTube link as “Unlisted”. When uploading your videos from the YouTube Mobile app, under the section Privacy, select “Unlisted” when uploading the video from a computer browser YouTube page, select “Unlisted” from the dropdown box then **MAKE SURE TO TITLE THE VIDEO IN THE EXACT WAY THAT IS SHOWN BELOW**, please make sure to fill in the parenthesis with the requested information, (parenthesis not required): *(Students Name)-(Tryout Number)- AMS CHEER 20-21 Video*

Instructions for what will need to be in your video:

1. Please make sure that your appearance is that of a cheerleader, meaning you will need to have sportswear attire (i.e., t-shirt, cheer shorts, leggings), hair is to be worn in a high pony tail with a bow, and your attire should represent school spirit; feel free to get creative with your look. **Your tryout number must be visible.** Please use a 4 x 6 Index Card to write your tryout number on; you are encouraged to decorate your tryout number to show your school spirit.
2. You will need to have someone record you from a front view. This video will need to have the material that was shown in the cheerleading instructional videos. You must be the only one in the video. You can only demonstrate the Cheer, Dance, and Jumps – **ONE TIME**. Your video cannot be slowed down or sped up – doing so will cause immediate disqualification from the tryouts.
3. Your video must start with you stating your full name, and the tryout number assigned to you.
4. Next you will perform the two jumps (toe touch and pike), you must count during your jump just like in the instructional video.
5. After that you will perform the cheer (must say all words), and lastly you will perform the dance (music will be sent via email as well).
6. You must have the approval of your parent before submitting the video.
7. Sample Tryout video will be sent via email.

You will be judged on the following throughout your video:

Jumps - Height, pointed toes, straight back, controlled preparations and landing, motion placement.

Cheer - Precise (sharp) motions, coordination, strong vocal projection, memory of words.

Dance - Coordination, rhythm, precise motions, memory of dance.

Poise and Facial Expression - Shows enthusiasm and crowd appeal, ability to recover if mistakes are made, self-confidence.

Appearance and Overall Impression- Tidy attire with visible tryout number, hair out of face, skills, spirit, cheering and dance ability.

**** Please remember you will also be judged on your tryout packet and grades****

Tumbling Skills (Optional/ Bonus Points) – For those participants who have tumbling skills, please submit a second video showing us any tumbling skills that you have perfected. It can be an old video but no older than 1 year.***It's extremely important that you are only showing us skills that you have mastered and can do on your own, and that you have received approval to perform this skill safely from your Cheerleading, Dance, Acro, or Gymnastics Instructor. It is recommended that these skills are only done within a surface that you feel comfortable doing it on. *** Upload this video and title it *(Students Name) -(Tryout Number)- AMS CHEER 20-21 Tumbling. Please send us the link to this video along with your tryout material video link.*

Results: The Arvida Competition Cheerleading tryout results will be posted on the school website, @Arvidacheer Instagram, and you will also receive an email welcoming you to the team. The results will be posted **Monday, May 18th between 12:00 PM and 4:00 PM.**

PLEASE KEEP THIS PAGE!

PARTICIPANT NAME: _____ TRYOUT NUMBER: _____

CURRENT GRADE: _____ ID# _____ GRADE IN 2020 - 2021: _____

*****THIS PACKET IS DUE NO LATER THAN WEDNESDAY, May 6, 2020. ALL FORMS MUST BE COMPLETED***
Tryout Packet may be turned in prior to May 6th**

You have taken the first step in becoming a member of Arvida Middle School's Competition Cheerleading Squad. In addition to competitions, Arvida Cheerleaders will participate in school sponsored functions (i.e. open house, Red Ribbon assembly) and will cheer for our afterschool intermural teams throughout the school year. We will also perform at special events (i.e. Viking Fest). Practices will begin immediately. All cheerleaders are expected to be at every practice unless **excused 24 hours in advance** by the sponsor or coach.

Please review the information contained in this packet with your parents, and give careful consideration to the time, practices, financial and squad obligations, before a commitment is made. Being an Arvida Middle School Competition Cheerleader is a prestigious honor, one that must be **earned and maintained**.

TO TRYOUT FOR THE COMPETITION CHEERLEADING TEAM, YOU MUST MEET THE FOLLOWING CRITERIA:

- **Academic Achievement** - All academic grades must be **A's, B's or C's**. - **Nothing lower than a C**. You must have a 2.5 grade point average or higher in all academic classes.
- **Conduct**-All conduct grades must be **A's or B's**. - **Nothing lower than a B**.
- **Effort** - must be **1's or 2's**. -**Nothing lower than a 2**.
- No more than **5** unexcused absences and tardies. No more than 15 excused early from school.
- No disciplinary referrals.
- No probation or suspension from cheerleading or any other school sponsored group.
- *Attach a **COPY** of your last report card* which reflects your grades & attendance for the 2019 - 2020 school year. This can be obtained via the Student Portal, please ensure it is the "report card" not just class grades.
- Attach a picture of yourself (NOT in cheer attire and NO bigger than a 2 x 3).
- Satisfactory completion of this packet - Must be submitted to AMScheertryout@gmail.com. no later than **MAY 6, 2020**. **You will receive a tryout number via email from AMScheertryout@gmail.com**.
- **Parent/guardian MUST sign every page - Commitment from Parents and Students is necessary.**

IF YOU MEET THE ABOVE CRITERIA, YOU WILL BE SELECTED ON THE FOLLOWING CRITERIA:

- Execution of cheers, jumps and dance ability.
- Proper completion of this packet.
- Application Score.

DRESS CODE FOR TRYOUTS:

Soffe (cheer), gym, or P.E. shorts. Acceptable shirts include Arvida t-shirt or school t-shirt (non-cheerleading). No jean shorts, tank tops, low cut shirts, cropped tops, or half tops. No converse, vans, or other canvas-type shoe. Prospective cheerleaders must wear athletic sneakers and standard white, low-cut socks. Hair must be in a neat ponytail with no hair in the face. Sports bras are required. No jewelry of any kind is allowed.

Please use a 4 x 6 Index Card to write your tryout number on. You are encouraged to decorate your tryout number and/or shirt to show your school spirit. Please be sure your number is still visible.

If you feel you are committed to uphold the requirements of an Arvida Middle School Competition Cheerleader and are proud to represent your school, we welcome you as a prospective competition cheerleader.

PARENT SIGNATURE

PARTICIPANT SIGNATURE

Arvida Middle School Competition Cheerleading Contact Information

STUDENT Name: _____ Grade: _____
 Last First 2020 - 2021

Address: _____ Zip: _____

Home Phone: _____ Cell: _____

Email: _____ Birth Date: _____

Mother's Name: _____

Email: _____

Home Phone: _____ Work: _____ Cell: _____

Father's Name: _____

Email: _____

Home Phone: _____ Work: _____ Cell: _____

LIST ANY MEDICAL CONDITIONS THAT MAY RESTRICT YOU FROM PARTICIPATING IN ANY PHYSICAL ACTIVITIES:

Insurance Company _____ Policy # _____

Doctor's Name _____ Phone # _____

****PLEASE WRITE NEATLY!!!****

PARENT SIGNATURE

PARTICIPANT SIGNATURE

20120- 2021 ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADERS RULES, REGULATIONS AND RESPONSIBILITIES

An Arvida Competition Cheerleader represents Arvida Middle School and must set the highest standards of character and conduct. Everything a cheerleader does reflect on the squad. For this reason, cheerleaders must always set a good example and be careful to act in a courteous and respectful manner. Cheerleaders must be conscious of the fact that they are constantly on display, representing Arvida Middle School even when they are not wearing their uniform.

- ★ An Arvida Cheerleader must obey ALL school rules, always follow the dress code, and promote school spirit.
- ★ An Arvida Cheerleader must, if necessary, participate in all activities undertaken by the squad, including practices, fundraising, cheer camp, competitions, games and performances that are selected by the sponsor.
- ★ Arvida cheer practices and activities MUST be a priority. Other activities, including school clubs and afterschool activities (Band, Orchestra, Drama, etc.) cannot conflict with our schedule. Arvida Cheerleaders may NOT participate in other school sports or club sports teams. Arvida Cheerleaders may NOT be a member of an All Star squad or any other cheer squad.
- ★ As a cheerleader, you must exhibit independent and responsible behavior. You must complete required paperwork on time, be aware of all upcoming events, and take responsibility for your sport.
- ★ An Arvida Cheerleader must always follow the instructions and respect the sponsor, coaches, faculty, and members of the cheerleading squad. Behavior problems, gossip and lying affecting the team will not be tolerated.
- ★ Arvida Cheerleaders are not permitted to be a member of a fan or group or make comments on Facebook, Instagram, Snapchat, Twitter, Tumblr (or any other social networking site) that is negative or derogatory to another student, staff member, or booster club member.
- ★ The sponsor will take disciplinary action for misconduct of cheerleaders.
- ★ Have access and regularly check the email address that you provide the sponsor/booster club. We also use WhatsApp as a form of communication.

PARENT SIGNATURE

PARTICIPANT SIGNATURE

**2020 - 2021 ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADERS
RULES, REGULATIONS, AND RESPONSIBILITIES (Continued)**

- ★ If you are injured, you must still attend practices and specified events even though you are unable to physically participate. You will be required to sit with the sponsor or coach and lend support to the team.
- ★ If you are physically injured, a doctor's note is required in order for you to return to practice/competitions.
- ★ It is greatly appreciated for cheerleaders to attend all competition practices, even when sick; they may sit on the sidelines to watch. This is especially important during competition season.
- ★ All members of the squad that are not performance ready will be removed from the routine until the sponsor and coach feel they are performance ready.
- ★ Cheerleading is a year-long commitment. Practices start in August and will end in May. Details will be discussed at the Parent / Cheerleading meeting on May 21, 2020
- ★ If you quit or are dismissed from, the Arvida Middle School cheerleading squad after being selected to be a member, you are not eligible to tryout the following season.
- ★ Attendance is a very crucial part of being a cheerleader. As you know cheerleading is not an individual sport. The entire team must be dedicated to attending ALL practices and ALL events.

Reasons for suspension/probation from the squad:

When a cheerleader is placed on probation due to grades or suspension, they are required to attend all practices and specified events. However, cheerleaders on probation/suspension will not be permitted to participate in any cheer related functions. The length of the probation/suspension is determined by the school sponsor.

- ★ **Failure to maintain:** a 2.5 grade point average in academics with no grades lower than a C, 1's and 2's in effort, A's and B's in conduct, or receiving an "unsatisfactory" on an Interim Progress Report.
- ★ In order to monitor improvement while on probation, cheerleaders will be required to turn in a daily and/or weekly progress report. It is the cheerleader's responsibility to submit the daily and/or weekly progress report to the sponsor at the end of each day. Failure to do so may result in dismissal from squad.
- ★ A lack of improvement in grades and/or conduct or falling below a 2.5 in academics during the probationary period may result in immediate dismissal from the squad.
- ★ Cheerleaders may only be put on probation one time during the year for academic or behavioral issues. If behavior problems/grades and/or academic grades drop below the minimum requirements a second time or do not improve within the two-week probationary period, the cheerleader may be dismissed from the squad.

PARENT SIGNATURE

PARTICIPANT SIGNATURE

CHEERLEADERS MAY BE DISMISSED FROM THE SQUAD FOR THE FOLLOWING REASONS:

- ★ Not attending a specified school cheer event.
- ★ Failure to meet the requirements of the academic/conduct probation or falling below a 2.5 in academics.
- ★ Stealing or fighting.
- ★ S.C.S.I. or outdoor suspension.
- ★ Disorderly conduct.
- ★ Smoking (including vaping-electronic cigarettes) or using controlled substances.
- ★ Receiving more than three detentions.
- ★ Failure to follow instructions or disrespect of the sponsor, teachers or any member of the team.
- ★ Behavior problems, gossiping, or lying, affecting the morale of the squad.
- ★ **Any other inappropriate behavior as determined by the sponsor or school administration.**

CHEERLEADERS WILL RECEIVE DEMERITS FOR THE FOLLOWING:

Three demerits – Two Weeks Suspension from Squad -- **Six demerits** – Dismissal from Squad

- ★ Unexcused (without prior approved notification to school sponsor) absence from school activity/event.
- ★ Unexcused (without prior approved notification to school sponsor) absence from practice.
- ★ Using profanity.
- ★ Failure to wear proper uniform to an event.
- ★ Tardiness to practice or event.
- ★ Behaviors affecting practice may result in additional sanctions by the sponsor: Removal from routine, service to the team, and additional practices.
- ★ All demerits, detentions, and any disciplinary/academic problems at school or at practice must be reported to sponsor.

PARENT SIGNATURE

PARTICIPANT SIGNATURE

**2020 - 2021 ARVIDA MIDDLE SCHOOL PARENT
RULES, REGULATIONS AND RESPONSIBILITIES**

- ★ Attendance to the parent/cheerleader virtual meeting on May 21, 2020, at 7:00 p.m.
- ★ Attend all required parent meetings throughout the year, approximately 4 - 5.
- ★ Attend, specified cheerleading events and fundraising events.
- ★ Ensure transportation to and from practice/events on a **TIMELY** basis. Parents **MUST** pick up their children on time at the end of practice/events and all cheerleading activities.
- ★ Purchase required 24-hour school insurance, beginning in August.
- ★ Complete all required volunteer paperwork (for parents).
- ★ Complete all paperwork (e.g. field trip forms) in a timely manner.
- ★ Submit any payments in a timely manner.
- ★ Have access and check regularly (everyday) the email address that you provide the squad and WhatsApp.
- ★ Participate and support team and individual cheerleading fundraising activities.
- ★ Be aware that if your child is removed from the team by the school sponsor or chooses to resign from the team, there will be **NO** refunds for any payments made at the time of dismissal or resignation. Additionally, any unpaid fees will be expected to be reconciled.

I, _____ (parent / legal guardian's name) verify that my child,
_____ (child's name) is physically fit and can participate in clinic/tryout
activities; releases Arvida Middle School from liability during clinics/tryouts; and, has my permission to
participate in Arvida Middle School Competition Cheerleading activities for the 2020 - 2021 cheerleading
season.

**I HAVE READ AND UNDERSTAND THE ABOVE POLICIES FOR PARTICIPATION ON THE
ARVIDA COMPETITION CHEERLEADING SQUAD, AND I ACCEPT THEM AS GOVERNING MY
PARTICIPATION. WE REALIZE THAT THE SELECTION OF THE TEAM IS FINAL AND THAT
THE JUDGES' SCORES AND COMMENTS WILL NOT BE VIEWED OR DISCUSSED.**

PARENT SIGNATURE

PARTICIPANT SIGNATURE

ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADING APPLICATION

(To be completed by prospective cheerleader – NOT by the parent)

Name: _____ **ID #** _____

Current School: _____

*****ATTACH REPORT CARD AND PICTURE (NOT in cheer attire and no bigger than 2 x 3)*****

Absences: _____ **Tardies:** _____ **this school year.**

Current Grade Level (circle): 5th 6th 7th

Why do you want to become an Arvida Cheerleader?

What will you bring to the team if you are selected?

Do you have any cheerleading experience? If yes how long have you been cheering? What team or group have you cheered for?

Do you have any tumbling experience? If yes, what skills?

Have you ever quit or were released from any extracurricular activity? If yes, what was the activity and explain.

Do you have any additional talents? (dancing, tumbling, etc.- explain your cheerleading skills)

Are you or do you plan to become involved in any other extracurricular activities besides cheerleading? If so, please note activity.

*This page can be reproduced and typed.

PARENT SIGNATURE

PARTICIPANT SIGNATURE

2020 - 2021

ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADING

Important information, dates and times

Post Parent Meeting: The first **MANDATORY** parent/cheerleader virtual meeting will be held on Thursday, May 21st, 2020, at 7:00 pm. A link will be sent to you via email. Attendance by parents and cheerleaders is **MANDATORY**. If a parent and/or cheerleader does not attend, the cheerleader may be dismissed from the squad.

First Deposit: Parents will be required to make the first payment of \$250.00 via CashApp by June 1st, 2020

Uniform Fitting: Due to Covid-19, we are unable to hold uniform fittings until further notice. Once we are given permission to hold uniform fittings, we will email parents a “Time Slot” for the fitting. The fittings will be held at Evolution Gym or Arvida. **ALL** cheerleaders must attend the fitting to be properly sized for uniforms.

Camp Dates: *SAVE THE DATES:* In August there will be a **MANDATORY** cheer camp for 3 days. This usually takes place the first two weeks of August. Dates should be announced at the mandatory parent meeting on Thursday, May 21st, 2020.

Choreography Dates: *SAVE THE DATES:* In September or October on a given weekend, **Cheerleaders are expected to attend Choreography Clinics**, held at the cheer gym from 10:00 a.m. to 3:00 p.m. Details will be given at a later date, once we have more information.

Competitions: We will compete in at least 3 to 4 local competitions and 1 National competition in Orlando. It is mandatory to attend all competitions.

First Team Practice: The first mandatory practice will be held on Thursday, August 27th, 2020, at the Evolution cheer gym from 4:30 PM to 6:30 PM.

Practices: Practices will be held Mondays and Wednesdays at Evolution Gym. Mondays from 4:30 PM to 6:30 PM and Wednesdays from 4:30 PM to 7:00 PM, which will include an hour of tumbling. Spirit practice will be held once or twice a month on Tuesdays from 4:00 PM to 5:30 PM at the school. All practices are mandatory unless excused **24 hours** in advance, by the sponsor. Additional practices will be scheduled as deemed necessary by the sponsor/coach.

2020 – 2021
Budget (Approximately)

The information below is an approximate budget for the year.

The Parent's Responsibility

- Purchase of 24-hour school insurance in August (approximately \$80.00)
- 12 Bottles of Gatorade per month
- Uniform fees – TBD per cheerleader for the year (Max amount should be \$500 for all new uniform items and all optional items)
- Gym fees: \$90.00 per month; includes tumbling. **A one-time registration fee of \$45.00 will be due to the gym by June 1st, 2020.**

Competition Costs (details to be discussed at Parent/Cheerleader meeting, all fees are estimates)

- Choreography & Music Fee - \$3,500 per team.
- 3 to 4 Local Competitions - \$350.00 per competitor.
- National Cheer Competition- \$850.00 per competitor. (All fees associated with away competition).
- End of the Year Banquet - \$3,000.00 per team.

NOTE: Fundraising will take place to alleviate the costs of competition fees, travel expenses, meals and banquet. Every Student and Parent, have the right and is expected to participate in all fundraising events. The booster club, which is assembled by the parents, is responsible for fundraising, with the help of the cheerleaders, to minimize or dissolve all costs, **Except for the uniform costs.**

PLEASE KEEP THIS PAGE!

2020 - 2021
ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADING
APPLICATION CHECKLIST

Have you turned in the following?

**A COPY of your report card for 2019 - 2020 with the first three grading periods.
A picture of yourself (NOT in cheer attire and no bigger than 2 x 3)**

ALL PAGES: Must be signed by both parent and participants

Pg. 4: Complete all contact information legibly

Pg. 8: Parents MUST complete the Parental consent in order to participate

Pg. 9: Cheerleaders are to complete this page. (Neatness & Creativity count)

It may be typed and decorated to show your Arvida School Spirit.

Tryout numbers can be decorated to show your school spirit. Please be sure to attach your tryout number to your shirt or shorts with a safety pin.

***REMEMBER, CHEERLEADERS MUST BE ABLE TO FOLLOW DIRECTIONS.
THEREFORE, TAKE YOUR TIME AND TURN IN ALL REQUIRED PAPERWORK ON TIME.**