**APEX HIGH SCHOOL CHEERLEADING**

**2017 – 2018**



**Tryout Information**

**MUST HAVE AN UP TO DATE APEX HIGH SCHOOL 2017 PHYSICAL/SPORT PARTICPATION EXAMINATION FORM IN ORDER TO PARTICIPATE IN ANY OF THESE EVENTS, WE WILL TAKE UP NEW PHYSICALS AT CHECK IN. PLEASE MAKE SURE TO CREATE OR UPDATE YOUR ACCOUNT ON THE PARENT/ATHLETE REGISTRATION SITE. LINKS AND INSTRUCTIONS LOCATED HERE:** [**http://www.wakecountyathletics.com/apexhs**](http://www.wakecountyathletics.com/apexhs)

**PHYSICALS MUST STAY UP TO DATE THROUGHOUT THE ENTIRE SEASON (AUGUST 2017 TO APRIL 2018)**

**Tryout Practice:** (AUX Gym)

Monday, July 31st 8:30AM – 12:00PM

Tuesday, August 1st 8:30AM – 12:00PM

**Tryouts (final evaluation):** (AUX Gym)

Wednesday, August 2nd 8:30AM – Until

**Mandatory Practice (for both JV and Varsity)**: (AUX Gym)

Thursday, August 3rd 2:30 PM – 5:30 PM

**Parent Meeting:** (AHS Media Center)

Thursday, August 3rd 6:00 PM – Until

The number of girls/boys trying out will depend on what time we will be done Wednesday. We will do call backs for some girls/boys, so all cheerleaders must stay until the entire tryout process is complete. Results are posted in the gym later that afternoon. Those that tryout will be required to leave campus and then return at the time given to check results.

Tryouts will be held in the auxiliary gym at the Green Level/Apex location (7600 Roberts Road, Cary, NC) and will begin on time. All tryout practices are mandatory in order to tryout on August 2nd.

Bring a lock to tryouts, only water is allowed in the gym, all other items must be locked in the locker room.

**Cheerleaders are expected to attend every practice and event following tryouts, without exception. The season begins on August 1st, 2017.**

\*\* A parent or guardian must be present at the parent meeting, as well as the cheerleaders. Please bring your checkbook for orders and camp payment. \*\*

**If you have any questions please email Coach Wertheim (twertheim15@gmail.com).**

**Tryout Expectations**

**Athletes will be judged on the following:**

**Jumps**

Toe-touch, double toe-touch, pike, hurdler, and combo jumps. We will be looking for pointed toes, height, technique, and landing with feet together.

**Stunting**

Cheerleaders will be placed in stunt groups and given opportunities to show their skills. Requirements for stunts include one-legged variations, 360 cradles from these one-legged stunts or extensions/halves. Groups will also be expected to show toe touch, pike, or twisting baskets. Flyers should show their flexibility and bases show their strength. Keep in mind that a team cannot have all flyers or all bases, so please be aware of your competition when trying out for a particular position.

**Tumbling**

Standing and running passes. We expect you to throw your tumbling consistently at tryouts in order for it to count on your score sheet. If you have a “mental block”, go ahead and get rid of it before tryouts.

**Motions**

Motions should be tight and in the correct position. Chants/cheer will be taught at tryouts.

**Dance**

A short dance will taught at tryouts. You will be judged on rhythm, motions and facials.

**Projection**

You are trying out for cheerleading so we expect you to be loud when performing cheers/chants. You need strong vocal projection, confidence in cheers and motions with appropriate facial expressions.

**Attitude**

**Most importantly, we expect you all to come in with a positive attitude. You should listen to directions, show leadership, and prove to us you want to be a cheerleader. We will take a girl who has never cheered before with a great attitude over one that is amazing with a bad attitude.**

**Running**

You are trying out for cheerleading, which require endurance as well as strength. Every cheerleader is expected to run an 8 minute mile by the final tryout day.

Appropriate tryout attire is black shorts (no spandex or denim), white t-shirt/tank (tucked in), socks and athletic shoes. Hair must be pulled back out of face, absolutely no jewelry; this includes clear pieces (if you cannot take it out, do not get it pierced). No long nails or polish! If you have fake or long nails, get them clipped before tryouts. You will not stunt if you have them, therefore you will not be judged on stunting.

**Tryout Checklist**

Please make sure you have the following turned in at the beginning of tryouts on the first day (July 31st). Girls/boys will not be able to tryout without all documents:

• Current Physical (found under Athletic Information tab on website, must be the current physical form listed on that website, all others will not be accepted – must have physical for workouts). Parent/guardian should also create a WCPSS account. Please look for instructions on the Apex High School athletic website.

• Signed Statement of Permission and Agreement (in this packet)

• Completed Info Sheet (in this packet)

• Tryout Questionnaire (in this packet)

• Signed Apex High Code of Ethics (found on website)

• Report Card- Final report card from June 2017

**Football Schedule**

Both the JV and Varsity football schedules can be found on the Apex High School website. Please look before tryouts to makes sure you do not have conflicts that would prevent you from attending a game. The basketball and competition schedule will be provided as soon as possible.

**Financial Demands**

Cheerleading is not cheap. If selected for the team, please be prepared to pay for spirit wear (warm-ups, shoes, t-shirts, bags, sweats, and bows) and UNC camp within the first week of the season.

Fundraising is **MANDATORY** for all cheerleaders. When fundraisers are announced, cheerleaders will be required to sell a certain amount of product and it is expected that the total amount is sold without exceptions. Everyone should pull their weight in providing for our team!

**Tumbling Classes**

Tumbling classes are encouraged for all cheerleaders. It is important that all cheerleaders continue in furthering their skill level, not only for themselves, but for the team. Tumbling classes will be announced at the parent meeting.

**Volunteer Work/Team Building**

We will have volunteer opportunities throughout the season, these are mandatory events and all cheerleaders must participate. We will also have numerous team building events that are also mandatory for all cheerleaders. Dates will be provided as soon as possible.

**Shutterfly**

Shutterfly is the website the team uses in order to communicate. This is where the team calendar can be found as well as roster, pictures, birthdates, drink and snack schedule. The cheerleaders who make the team will be invited to view and participate in the website, along with their parents. This is where ALL information will be posted.

**Cheerleading Financial Obligations**

The following is a list of items with **estimated prices** that will be required for this season. The amount due is based on what your cheerleader needs. The payment for these items is due online by Sunday, August 6h, 2017.

**Required for all AHS Cheerleaders:**

● Warm-up Suit $95

● Shoes (Nfinity Evolution) $75

● Practice T-shirt $15

● White Bow $6

● Pink bow (breast cancer awareness) $6

 ● Black ADIDAS spandex (for under uniforms) $18

● Black crop tops $15

● Black rain jacket (Any solid black rain jacket, Columbia, North face, Ect.)

● Backpack $35

**Optional items:**

● Practice tank top $20

● Hoodies $40

● Long-sleeve t-shirts $15

● Sports Bra $18

● Pink Apex T-shirt $12

**2016 Spirit Xpress Cheer Camp:**

● Camp Cost $280 (Must be CASH or MONEY ORDER made to “Spirit Xpress”)

After teams have been made on August 2nd, parents will be required to pay for Spirit Xpress camp at the parent meeting. The camp will go from August 4th – August 6th. Junior Varsity and Varsity will attend camp to further skills needed for the season. The camp will be overnight and take place at the University of North Carolina at Chapel Hill. **Please make sure to fill out ALL forms listed (associated with camp) and bring them to tryouts.**

Warm-up and backpacks have changed, due to officially becoming an ADIDAS sponsored school. Cheerleaders are required to follow the ADDIDAS sponsorship guidelines, these will be discussed at the parent meeting. If your cheerleader is on Varsity and would like “VARSITY” added to the warm-up and backpack, it will be an additional charge. “VARSITY” will be able to be added in the future for those on JV.

Each cheerleader is expected to fundraise for competition costs and program costs. The fundraiser that we will be using will be announced at the parent meeting.

We are planning on attending a cheerleading camp at the University of North Carolina at Chapel Hill the week following tryouts. This may be an additional cost added to the program.

**\*Please be aware that there are no refunds if a cheerleader gets injured or suspended/dismissed from the squad.**

**Rules 2017-2018**

Both teams will compete this year. Everyone who makes the team will be expected to keep certain weekends free for competitions. Both JV and varsity cheer at all home and away football games. Teams also cheer for home basketball games. Cheerleading is a long season, August – March, sometimes into April. If you are trying out, you are saying you are in this for the long haul. **You are joining a team; a team that trusts you and expects you to be at all practices and games.**

● Cheerleaders represent the school; therefore they are expected to display a positive attitude.

● A cheerleader CANNOT be engaged in any afternoon or evening job/activity that interferes with practices and/or games. Cheerleaders may not participate in any other sports that are going on simultaneously. While being involved in a cheer gym is not prohibited, it can create major conflicts with practices, games, and competitions. Being a member of the AHS Cheerleading Program and fulfilling those responsibilities must be the cheerleader’s first extracurricular priority.

● Cheerleaders are expected to participate in ALL team building activities without exception. Dates are given far in advance, in order for planning purposes.

● Cheerleaders should be well-groomed. Uniforms should be wrinkle-free and clean. Hair must be worn back if it touches the shoulders or is in the face. Jewelry, nail polish, and fingernails that show above the fingertips from the palm side of the hand is prohibited (Wake County/NCCCA Policy).

● Each cheerleader will be responsible for financial obligations such as the purchase of cheerleading shoes, socks, briefs, crop tops, and warm-up suits. An estimated list of financial obligations can be found in this packet.

● All cheerleading uniforms must be dry cleaned and mended (if needed) before they are returned to the coach at the end of the season. If a uniform is damaged in any way or not returned to the coach by the designated time, the cheerleader will be charged the replacement value. Cheerleaders are reminded that they do not own their uniforms but use them throughout the duration of the cheerleading season and should take care to keep them in good condition.

**● Cheerleaders are expected to promote a positive image for the school community – your peers, parents, teachers, and other community members.**

**o Smoking, drinking, and/or drug use will not be tolerated. Cheerleaders caught breaking this rule will be dismissed from the squad immediately and suspended from tryouts for a year. Evidence of drinking or smoking, including but not limited to photographs, will be grounds for dismissal.**

**o Inappropriate online behavior including provocative pictures, threats, bullying, foul language, and “bad mouthing” will be grounds for dismissal.**

**o Coach Wertheim will have a Twitter and Instagram account that all cheerleaders are required to follow. All cheerleaders are also required to have the Coaches following them on Twitter and Instagram, in order to avoid inappropriate behavior.**

● A demerit system is used to enforce rules and regulations and implement consequences. The demerit system can be found in this document and is used for both the JV squad and Varsity squad. Signing the rules indicates that you have read the demerit system, and understand the rules and consequences related to the demerit system.

● All official cheerleading decisions will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect from either parent or cheerleader will be grounds for automatic dismissal from the team. If a parent or cheerleader has an issue that feels like needs to be addressed, this should be done through setting up a meeting that contains more than one coach. Verbal aggression or “attack” from either a cheerleader or parent will be automatic grounds for dismissal.

● WCPSS requires that athletes be present the entire school day to be eligible for practices and games scheduled for that day.

● If any cheerleader quits or is dismissed during the season all AHS cheer clothing must be turned in except for item purchased by the cheerleader. No refunds will be given for clothing associated with Apex Cheerleading.

**Eligibility**

● To tryout, each cheerleader must maintain a 2.0 GPA

● Progress reports are sent out for the entire cheerleading squad every 4 weeks to make sure that grades are being kept up. The progress reports are signed by the cheerleader’s teachers and parent. The report will also include the demerits the cheerleader has earned up to that point.

● From the time an F is written in on the progress report or quarter report card, you will have until the next progress report to pull up the F, and you must sit out of games during that period until it has improved.

● If a cheerleader’s grades fall below standards on the first report card, he/she will be placed on probation. If a cheerleader cannot meet eligibility requirements by the next progress report; he/she will be dismissed from the cheerleading team.

● If a cheerleader must attend tutoring on a practice day, he/she must get prior approval from the coach and bring a note to practice from the teacher.

**Practices**

● There will usually be 3 practices and one game a week during football season. This leaves one day free for you to make doctors appointments. **Schedule accordingly!** Practices are scheduled for the seasons well in advance, and doctors appointments should not be made during practice times.

● If you are going to be missing/late to a practice/game for whatever reason you will need to fill out an absentee form, found on the Shutterfly website, and **turn into** your coach ASAP. Your coach will then determine if your absence is excused or unexcused.

● DO NOT BE LATE FOR PRACTICE. Only tardiness for academic reasons will be excused. You must inform the coach in writing with an absentee form before practice time if you are going to be late for academic reasons. You must also bring a note signed by the teacher stating the time you were involved in the academic activity. Tardiness to practice is not tolerated. If you are late you will receive a demerit. If you are tardy more than 15 minutes, this will be counted as an unexcused absence.

● 3 unexcused absences from practice will result in immediate dismissal from the team. A total of 6 missed practices, excused or unexcused (injured cheerleaders should still report to practices even if they may not participate) will result in dismissal from the team.

● To accommodate gym schedules, practices may be directly after school, later in the day, or on Saturday. A schedule of practice times will be sent out after the teams are selected.

● If you are sick and need to miss practice to keep the rest of the team healthy you must notify your coach as soon as possible.

● DO NOT ask me for permission to miss practice or game! Your team is depending on you and you are expected to be there unless there is a contagious sickness or unfortunate death in the family.

● Cheerleaders are not to participate in any stunts, mounts, or anything which might result in physical injury without the coach present.

● Each cheerleader is required to report any injury to the coach immediately. If a cheerleader must see a doctor due to an injury, they must bring back a note stating that it is okay to return to regular activity (school policy).

● Cheerleaders will bring locks to every practice and lock all personal items and bags in the girl’s locker room (located in the AUX gym). The only item that will be permitted in the gym is water bottles.

● **Effective practices are vital to the success of a cheerleading squad. Because of this, practices will be closed to parents and others not directly associated with the cheerleading program.**

**Games**

● During football season, games are usually held on Thursdays for JV and Fridays for Varsity. Cheerleaders are expected to be present at all games, including playoff games, which may occur over Thanksgiving and Christmas break. Please note that some nights will involve cheerleaders not returning home until after 11:00PM.

● JV and Varsity basketball teams play on the same nights, which means JV and Varsity cheerleaders cheer on the same nights. Basketball games are usually held on Tuesdays and Fridays. We will cheer for both women’s and men’s basketball.

● The schedules for both football and basketball will be provided, as soon the information is given to the coach.

● Missing 2 games in the total cheer season will result in automatic dismissal from the squad (even if injured, cheerleaders must attend games with the coach).

● Parents are responsible to see that each cheerleader is at school at the designated time for home and away games. Cheerleaders are subject to being left at the school after the designated departure time.

● Cheerleaders late to a game must sit with the coach during the first quarter and receive a demerit for tardiness.

● During halftime of all games, every cheerleader must be present on the track or gym bench and in proper position five minutes before the start of the second half. Being late will result in being benched for the third quarter.

● To earn a letter, a cheerleader must cheer at 100% of the Varsity games, with the exception of being a member of the homecoming court, sickness, death in the family or an absence that has been excused by the coach.

● If an athlete has served lunch detention, after school detention (ASD) or any other type of disciplinary detention, they will not be allowed to participate in any athletic contest that day (NCCCA Policy).

● For home games, all bags and belongings will be locked in the girl’s locker room prior to set arrival time. The only things permitted on the track are water bottles, and warm-up’s and rain jackets depending on weather. The coach will inform you of any other items that are needed on the track for each game.

● If a cheerleader must sit out of a game with the coach due to illness, injury, or discipline the cheerleader must wear her warm up’s in place of her uniform.

 **Competitions**

● Coaches will give you as much notice about competition dates as possible

● As much as possible, both teams will attend the same competitions. Each cheerleader is expected at the competition until both teams have competed for support, this includes alternates.

● Must follow all rules for competitions.

● Cheerleaders will be allowed to compete only if the squad has fulfilled its regular year-long responsibilities.

● Cheerleaders are expected to display good sportsmanship at all times during any competition.

● Cheerleaders may only perform at a max of 5 competitions for the year (Wake county policy). The number of competitions the teams compete at depends on the amount of funds in the team account. Competitions are expensive

**Physical Demands**

● If you wear any kind of brace, please wear it to avoid further injury.

● If you need to be taped, it should be done before practice not at the beginning.

● You will be expected to run an 8 minute mile at tryouts, and at every practice.

● You will be expected to stand during an entire football game, and sit up straight during an entire basketball game, **without exception.**

● Everyone needs to eat breakfast and lunch, if this becomes an issue, we will suspend you until you see the school nurse or family physician. If you don’t eat, you lack energy and concentration and that becomes dangerous

**Code of Conduct**

**Grounds for Automatic Dismissal**

● Disrespect shown to coaches by either cheerleader or parent

● Inappropriate online behavior

● Out of school suspension

● Evidence of ANY smoking or drinking (on campus, at school, Facebook/internet site, pictures, or in any squad clothing)

● An F in any subject at any report card period

● 5 tardies to school or any one class

● 10 absences to any one class

● 2 game absences unexcused/excused Aug-March

● 3 unexcused school/practice absences (6 excused, must notify coach ASAP in order for absence to be excused due to illness or death in the family)

**Demerit Guidelines**

The demerit system is a method that establishes structure and discipline within the cheer team. It holds the cheerleader responsible for her actions and helps maintain a dedicated team. The following are reasons for demerits and the consequences that will follow.

**Reasons**

1 demerit A cheerleader will receive one demerit if she arrives tardy to practice or a game, is not appropriately dressed and ready to practice/cheer at the game on time, does not observe the “no cell phone” rule, or does not observe the “no jewelry” rule.

2 demerits A cheerleader will receive two demerits if she is absent from practice or a game without either a written doctor’s excuse or a note from another school sponsored activity leader prior to the absence. If the cheerleader is absent from school for the entire day because of illness she is automatically excused.

2 demerits A cheerleader will receive two demerits if she gets an after-school detention, or falls below the grade requirement.

3 demerits A cheerleader will receive three demerits for inappropriate and/or disrespectful behavior at the coaches discretion. This includes any misbehavior during classes or on school campus, or while representing Apex cheerleading.

3 demerits A cheerleader will receive demerits if she causes any tension within the cheerleading squad that jeopardizes the squad’s harmony.

**Consequences**

4 demerits The accumulation of four demerits will result in a one-game suspension. Practices and all other cheer activities (wearing uniform to school, travel with the team, etc.) will still be required but the cheerleader will be “benched” at the next game.

8 demerits The accumulation of eight demerits will result in a two-week probation. Practices are still required but participation in any other cheer activities (cheering, wearing uniform to school, travel with the team, etc.) will be prohibited.

10 demerits The accumulation of ten demerits will result in permanent suspension from the team.

The coaches/administrators reserve the right to give demerits for anything not covered in the above list. It is the cheerleader’s responsibility to notify parents when demerits have been issued. The cheerleader will receive a verbal as well as a written notice.

**Statement of Permission and Agreement**

**If you make the cheerleading squad, realize that you are making a commitment to Apex High School, your coaches, your teammates, and yourself for the complete season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of AHS, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the 2017-2018 Rules/Code of Conduct, and any cheerleader who breaks the rules will be disciplined. By making this commitment to Apex High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate. These activities not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment.**

**Student Agreement**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read and understand the 2017-2018 Rules/Code of Conduct for the AHS cheerleading program. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules and policies could result in dismissal from the squad.**

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Agreement**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read and understand the 2017-2018 Rules/Code of Conduct for the AHS cheerleading program. I agree to abide by the policies described. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.**

**Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**General Information Sheet**

Please fill out NEATLY and turn in by the first day of tryouts

ATTACH PHOTO HERE

Grade for 2017-2018: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mother’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mother’s Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_

Mother’s Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **● Circle the stunting position you are trying out for (circle all that apply):**

Back-spot Main Base Secondary Base Flyer

\*\*\*Please be aware of your competition for each position on the team, we do not need 20 flyers

 **● Running tumbling (circle all that apply):**

Round-off…… BHS Multiple BHS Tuck Layout Full

Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**● Standing tumbling (circle all that apply):**

BHS Multiple BHS Toe-BHS Tuck Toe-Tuck

2-to-tuck 1-to-tuck Layout Full Front punch

 Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

● I am trying out for (circle all that apply): Varsity JV All Squads

Your signature below affirms that everything on this sheet is accurate. It also signifies that you understand you WILL NOT be placed on a squad or that you did not indicate above.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

**Cheerleading Questionnaire**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade for 2017 - 2018: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Explain why you want to be a cheerleader at Apex High School:
2. What do you think a cheerleader’s duties are to her teammates, cheer coach, school, and community?
3. What kind of team member will you be?
4. What are your personal cheer goals for 2017 – 2018?
5. What are your personal academic goals for 2017 – 2018?
6. What are your team goals for 2017 – 2018?