



## To Potential Cheerleaders and Parents:

We are excited that you are interested in the cheer program at WHS!

Attached you will find paperwork describing the tryout process that you will need to understand and complete. You will not be permitted to participate in the tryouts until you have your online registration completed (link available on the website), and your Informed Consent and Permission Sheet signed by parents and on file. Please review all of the information included in this packet and feel free to contact us if you have questions.

Take time to decide what squad/s you would like to participate in this season. On the tryout form, there are two different squads to consider, be sure to **select all squads** you would be willing to cheer on if selected. If you do not select a certain squad, you will not be considered for that squad. This means if you only circle Varsity squads and are not selected, you will not be placed on a JV squad.

Each candidate needs to seriously consider the amount of time, hard work and dedication involved with being part of the WHS Cheer Program before deciding to try out for a team. Being a member of the WHS Cheerleading program requires hard work and long hours. If a student is already struggling with grades, or is involved in several other programs, please think hard about this decision. This is a team sport where each individual plays a very important role. The inability of one individual to balance their commitments affects the whole team.

All paperwork included in this packet is due at tryouts on **4/23 at 4:30pm**. Please also be sure to complete the online tryout application, linked on our website, by **4/22 at 4:30pm**. If you do not have your paperwork, you will not be permitted to try out and therefore will not be placed on a team.

Please feel free to email us if you have any additional questions. Thank you for your cooperation and interest in the program.

We look forward to a great season!

***Sam Wegerbauer & Hannah Paavola***

WHS Cheerleading Coaches  
woodburycheerleading@gmail.com

# WHS CHEER TRYOUT INFORMATION

## Squads Available:

*Varsity*

*JV (Sideline only)*

### Eligibility for Squads:

- Candidates must be entering grades 7-12
- Candidates must live in WHS boundaries or attend WHS
- Candidates must fill out the online application form by 4:30pm the night before tryouts, April 22 (link available at [whsactivities.org](http://whsactivities.org) - cheerleading page, tryouts tab)
- Candidates and at least one parent/guardian must sign an informed consent form and code of conduct form stating that they agree to and are aware of the risks, policies, expense, expectations, commitment and responsibility required and expected from team members (included below)
- All athletes must be in good academic standing to try out and maintain good academic standing to maintain their status on the team

### Paperwork Required.

- A completed **Informed Consent and Permission form** with parent and athlete signatures must be turned in before you will be allowed to participate in any clinic activity (this must be printed and brought with you to tryouts).
- A completed **Code of Conduct form** with parent and athlete signatures must be turned in prior to clinic participation (this must be printed and brought with you to tryouts).
- A completed **Rules and Policies Agreement** with parent and athlete signatures must be turned in prior to clinic participation (this must be printed and brought with you to tryouts and can be found on page 21 of the WHS Cheerleading handbook)
- A printed copy of a **current grade report** must be submitted on tryout day. Screenshots will be accepted.
- In addition to a current grade report, students currently in grades 9-11 will be required to submit an unofficial transcript.
- After tryouts, an **academic status check** will be performed before full acceptance on the squad.
  - All team members are expected to maintain at least a 2.0 GPA throughout the season.
  - Team members must maintain passing grades in **ALL** courses in order to participate in games and events (at least 70%).
  - Team members with **any** Fs in their courses will **not** be permitted to participate in any practices, games, or events until grades improve (See handbook for policies related to academic probation)

### Tryout Process

- All athletes tryout every year.
- You will be observed by the WHS coaching staff during clinics and tryouts.
- At the final tryout you will be asked to perform specific skills learned during the tryout process.
- No scores or judging sheets will be distributed after tryouts.
- All decisions are up to the coaching staff and are final.

## Tryouts

- Tuesday, April 23rd, Wednesday, April 24th, and Thursday April 25th
- Completed online registration tryout packet forms, photo and grade report are due **before** participation can begin.
- Please wear athletic shorts, a T-shirt, and cheer or athletic shoes, with hair pulled back in a ponytail.
  - Hair with hard hair accessories must be pulled up into a bun.
- Please leave all jewelry at home.
- Nails must be trimmed so they are not visible above the tip of the finger. No acrylic nails are allowed.
- Evaluations on attitude, work ethic, learning rate, coachability, flexibility, and tumbling will happen throughout the tryout process, including at open gyms and clinics.
- Deductions may be taken for: jewelry worn at the clinics and tryouts, hair not off the face, painted / fake/ long fingernails.

## Performance Material for Tryout

Arrive on Tryout days prepared to perform the assigned chants. You will also learn material that will help the coaching staff determine your skill and ability level. Evaluations begin immediately upon arrival. Below is a list of the material you will learn and perform at tryouts. You may be asked to execute skills more than once during the tryout process. All cheerleaders will be expected to not only maintain the skills they tried out with, but to improve upon them throughout the season.

- Jumps
- Dance
- Cheer and/or Chant
- Stunting Ability
- Tumbling (Optional - Bonus skill)

## Formation of Squads

- Cheerleaders will be placed on squads based on skills demonstrated at tryouts and clinic evaluations.
- Maturity, coachability, and attitude will be observed and taken into account for each candidate.
- The number of athletes on each squad will vary depending on skill level and number of candidates at the tryout.
- We take many factors into account other than your tryout score. Final decisions on team placements are up to the coaching staff. Please remember that as coaches, our main goal is to place each individual on a team on which they will be the most successful. We are looking not only at skills, but also at growth potential, attitude, classroom performance, and willingness to learn. We also take into account the wellbeing of the team as a whole.
- Trying out does not guarantee a spot on a squad.

## Results

- Results will be posted on the website Tryout page.
- The coaches need time to thoughtfully consider each candidate and the needs of the team, but typically the teams will be named within three days of the tryout.
- All decisions are up to the coaching staff and are final.
- There is a no contact rule in place between coaching staff and students/families for 24 hours from roster announcements.

## APPROXIMATE Cheer Costs

Cheerleading is an expensive sport and a large commitment. Each cheerleader is financially responsible for all costs listed, and potentially others that arise throughout the season. Please review the cheerleading financial spreadsheet posted on the website prior to tryouts and make yourself aware of the cost commitment that is required for cheerleading. These are **approximate costs only**. All apparel payments are due at the time of the order. No apparel orders will be placed until paid in full. Other fees will be due throughout the season as indicated on the team Band account. Coaches will need to see and approve all items returning cheerleaders plan to carry over to ensure proper fit and appearance.

# WHS Cheer Code of Conduct 2024-2025

*I hereby pledge to be positive about my cheerleading experience at WHS, and accept my responsibility for my participation by abiding to this code of conduct.*

1. It is my choice to participate in this program. I will inform my coaches of any physical injury or ailment that may harm my safety or the safety of others.
2. I will be on time for all practices, activities, events, competitions and other required functions. As a team member, I understand that regular attendance is required and that tardiness and absences can be just cause for action from my coach and may require my removal from the team. I will attend all practices directly prior to games and events, and understand that my failure to do so will result in my suspension from participating in the event and potential further disciplinary action.
3. I will demonstrate good sportsmanship by showing respect, courtesy, and positive support for all cheerleaders, players, coaches, officials, and spectators at every practice, game, competition, or event.
4. I will strive to do my best to represent my program in a positive way, and set a positive example by following rules (dress code, attendance policy, etc.). I will strive to conduct myself and encourage other students to follow the policies in our handbook. I understand breaching these rules may be just cause for my suspension or removal from the team.
5. I will attend all events and will arrive on time, ready to participate. I will notify my coaches ahead of time if I will be late or if I cannot attend.
6. I will do my best to listen and learn from my coaches and teammates. I will follow the rules and policies of the team, program, school and state.
7. I will treat my coach and all other coaches in the program with respect, and will honor any decision that they make regarding myself and my team.
8. I deserve to practice and compete in an environment that is free from drugs, tobacco, and alcohol. I will refrain from the use of these substances and also expect my teammates to do the same.
9. I will encourage my parents to be positively involved with my experience, team, and program.
10. I will do my best in school, and agree that my performance in the classroom is as important as my performance in cheerleading.
11. I will not encourage or participate in any behavior or practices that would endanger the health and well-being of myself, my teammates or peers.
12. I will not encourage or participate in the bullying of any athlete in this program, or any student in general, whether it's with words, gestures, or written communication. I will also not bully anyone through social media.
13. I understand that I may be required to attend additional practice time if my skills are not at the level of my teammates.
14. I will treat my uniform with respect and realize that any damage done to it will result in replacing the uniform at my expense.
15. Group fundraising is vital to our success. I understand that I am expected to participate fully in all fundraising efforts.
16. I understand that if I fail to abide by the code of conduct listed above, I will be subject to disciplinary action which could result in removal from practices, events, and/or the program. Should I be removed from the program or decide to quit the team, I will not be reimbursed for any payments.
17. I acknowledge that I have read the handbook and agree to the policies, procedures and behavioral expectations.

Athlete & Parents: By signing our cheerleading code of conduct, you acknowledge that you have read and are in full agreement with this policy. You acknowledge that both you and your athlete take full responsibility for their actions while participating in this program.

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Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Woodbury High School Cheerleading 2024-25**  
**Informed Consent & Acknowledgement Agreement / Permission to Tryout**

**Athlete Full Name:** \_\_\_\_\_ **Legal Guardian Name/s:** \_\_\_\_\_

**Informed Consent and Acknowledgment Agreement**

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis, or even death could occur particularly if a participant were to land on his /her head, neck or back.

I/We, parents and/or legal guardians of the above named candidate, who wishes to participate in the cheerleading program at Woodbury High School, voluntarily give our consent for such participation by this student athlete.

It has been adequately explained to us that cheerleading is an activity which may involve airborne inversion of the body and therefore there is an increased potential that any one of the routines involving our daughter/son's participation could lead to serious injury, paralysis or even death.

I/We understand that our daughter/son is required to be in good physical shape and condition and that the activities in which she/he will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers, including somersaults, back handsprings and aerials; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the squad; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year.

I/We represent to you that, to the best of our knowledge and belief, our daughter/son has no physical, medical, or mental disability or other limitation that would restrict her/his ability to fully participate in this activity. I/We have been informed that our daughter/son must be examined by a physician prior to participation in these activities and that I/we are responsible for such examination that will qualify our daughter/son for participation in this program. I/We further agree to notify immediately the appropriate school personnel in the event of any change in our daughter/son's health status.

I/We also understand that our daughter/son will be required to travel to locations off campus for the purpose of participating in cheerleading activities and that transportation will be provided to her/him by the appropriate school personnel. I/We consent to such school sponsored transportation.

I/We agree to, and by signing this agreement, release the coaches, advisors, volunteers and staff of Woodbury High School and the Board of Education from any claim of negligence by ourselves, our daughter/son, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our daughter/son and any claims for loss of or damage to her/his property which may arise out of her/his participation in this school sponsored program.

**Parent/Guardian Permission for Cheerleading Tryouts:**

After reading the information in this packet, my child and I have a complete understanding and agree to the responsibilities and commitment involved in being part of the Cheerleading Program at WHS. I verify my student is in good standing physically, behaviorally and academically with the school. I/We have read and understand that the required cost to participate in WHS Sideline Cheer is the individual family responsibility, and that I am required to meet the payment schedule to ensure full participation for uniforms/apparel, camps, and events. I also understand that if selected, this candidate, myself and all other guardians will need to adhere to the rules, expectations and guidelines put in place by the district and coach to continue participation on the squad.

As parent / guardian of this candidate, I give my permission for her/him to try-out for the Woodbury High School Sideline Cheerleading Squad/s. I understand that this is a try-out and team placement is at the discretion of the coaches.

In witness whereof, I/we have affixed our signatures to this agreement this \_\_\_\_\_ day of \_\_\_\_\_, 2024.

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

# WHS Cheer Final Evaluation Form

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

Tryout Number: \_\_\_\_\_ Grade (Fall 2024): \_\_\_\_\_

## Coach Use Only Beyond this point

Score/Percentage: \_\_\_\_\_ Team Placement: \_\_\_\_\_ Avg Teacher Recommendation Score (if required): \_\_\_\_\_

Potential Stunt Positions: \_\_\_\_\_

### Skills

<b>Jumps</b>	Deficient	Developing	JV	Varsity
<b>Cheer</b>	Deficient	Developing	JV	Varsity
<b>Dance</b>	Deficient	Developing	JV	Varsity

### Clinic Notes

<b>Work Ethic/Attitude</b>	Poor	Average	Above Average
<b>Coachability</b>	Poor	Average	Above Average
<b>Learning Rate</b>	Poor	Average	Above Average

### Proper Attire

<b>Jewelry, Fake/Long nails, hard hair accessories</b>	Yes	No
<b>Athletic clothing, shoes, hair pulled back</b>	Yes	No

### List Tumbling Skills

### Notes