**NIKE DALLAS FC**

**Cheerleading**

**Tryout Packet**

**2021-2022 Cheerleader**

**Cheerleader Tryout Checklist**

\_\_\_\_\_ NDFC Cheerleader Tryout Form – Please complete online tryout form no later than **Wednesday, April 7th 2021.**

Forms and packet can be found online at the Nike Dallas FC Website,

<https://nikedallasfc.sportngin.com/>

\_\_\_\_\_ Spirit Cheerleading Discipline Agreement and Discipline Policy- This form is attached to the downloadable version of the tryout packet found online. Please read the packet with your cheerleader, sign and upload to the tryout form online.

\_\_\_\_\_ Tryout/Registration Fee- $30 That will be paid at tryouts

**Mandatory Dates for Sideline Cheerleading (Jr. High/ Varsity):**

Tryout Clinic- April 9th 2021

Tryout Day- April 10th 2021

Uniform Fitting- April 10th 2021

Work Week- July 12th – 18th 2021

Summer Camp- July 19th – 22nd 2021

2021 Cheer Pictures \*\*\*TBA

Football games Aug-Nov

**Mandatory Dates for Competitive Cheerleading (Varsity Only):**

Tryout Clinic- April 9th 2021

Tryout Day- April 10th 2021

Uniform Fitting- April 10th 2021

Work Week- July 12th – 18th 2021

Summer Camp- July 19th – 22nd 2021

2021 Cheer Pictures \*\*\*TBA

Chorography \*\*\*TBA

NCA High School Regionals \*\*\*TBA

NCA High School Nationals \*\*\*TBA

**\*\*\*SIDELINE CHEER IS MANDATORY TO TRYOUT AND BE ON COMPETITIVE TEAM\*\*\***

**Cheerleader Tryout Process**

Step 1 Fill out and turn in your tryout form no later than **Wednesday, April 7th 2021**

- Spirit Cheer discipline policy due **Wednesday, April 7th 2021**

- Spirit Cheer Agreement due **Wednesday, April 7th 2021**

2021 Tryout forms are available **ONLINE** at

<https://nikedallasfc.sportngin.com/>*- Look for the Info Cheer Tryouts Tab*

\*\*\*All registrations must be complete by **Wednesday, April 7th 2021**\*\*\*

Step 2 Clinic and Mock Tryouts **Friday, April 9th 2021** (Tryout Material Taught)

Step 3 Tryout Day!!! **Saturday, 10th 2021**

Step 4 Tally Judges’ scores and record all averages

Step 5 Final rankings for Varsity, Jr. High and Competition teams go on Official rosters and will be sent by e-mail no later than an hour after the last tryout on **Saturday, 10th 2021**

Step 6 All 2021-2022 cheerleaders will need to attend uniform fitting 30 min after final roster emails go out. More details to come post tryouts.

Step 7 Expenses:

I. All Varsity cheerleaders will be required to pay a cheer fee of $1,100

II. All Jr. High Cheerleaders will be required to pay a cheer fee of $800

III. All Competitive Cheerleaders will be required to pay or fundraise a cheer fee $500 to pay for cheer, chorography, music and comp fees.

1. This fee will be made in two payments and the first payment will be due no later than May 15, 2021 to pay for our summer cheer camp.
2. The fee will cover cheer camp, supplies for spirit items, custom music and choreography for all half- time performances, shoes, bows, warm-ups, bag, raincoat, poms, accessories, additional items, and practice wear.

b. This fee does not include: Cheerleading uniforms, megaphones, signs, additional items. (provided by NDFC)

**NDFC Cheerleader Clinic and Tryouts**

**April 9th – April 10th, 2021**

Tryouts are open to all current 6th – 11th grade Homeschooled girls and boys who are going into 8th – 12th grade for the 2021-2022 school year.

**\*\* Wednesday, April 7th, 2021 – Tryout Registration Due with All Signed Paperwork \*\***

**Wednesday, March 24th (Mandatory Parent/Daughter meeting)**

6:30- 7:30 PM:

* Cowboys Club

**Friday, April 9th (Clinic/ Mock Tryouts)**

2:00-5:00 PM:

- Spirit Of Texas

**Saturday, April 10th (Tryouts/ Uniform Fittings)**

8:30-9:30 AM

* Warm-ups for Tryouts

9:30-11:00 AM

* Spirit Of Texas (Tryouts)

11:00-12:00 PM

* Spirit Of Texas (Final Results emailed)

12:00-1:00 PM

* Spirit Of Texas (Uniform Fittings)

**\*\*Results will be emailed by 12:00 PM on April 10th, 2021\*\***

**Tryout Procedure Location**: SPIRIT OF TEXAS

**What to wear:**

- Solid white T-shirt tucked in to plain black or RED Nike style shorts

- Hair completely out of face in a ponytail, with a solid plain white, red or black bow.

- No jewelry or gum.

\*\*\*Only girls trying out for cheerleader, sponsors, and judges will be allowed into SPIRIT OF TEXAS. No parents or friends will be allowed into SPIRIT OF TEXAS. Once each cheerleader has completed the tryout process, she will need to leave SPIRIT OF TEXAS.\*\*\*

**Tryout Process:**

1) Three athletes walk out to do a chan. Judges will check their numbers and tell them when to begin. The middle girl will call “Ready!” …Clap… and then all will do the chant three times..

2) The athletes will perform three jumps connected, one being a toe touch and spirit afterwards one at a time in tryout number order.

3) They will line up at the end of the mat in order and do their tumbling one at a time. (No tumbling, that’s okay, just say “Pass”)

4) They will go back to their spots and do the cheer all together.

5) The athletes will stand and catch their breath as the judge’s score. Judges will indicate that it’s time and begin the music for the dance.

*There will be mats for tryouts! 😊*

**SIDELINE CHEERLEADING - DISCIPLINE POLICY**

NDFC Cheerleaders must commit to continue a tradition of excellence by adhering to the following principles and guidelines. Our goal is to grow spiritually and promote school spirit and unity. Because the cheerleaders are role models and representatives of NDFC, their character should be above reproach. Every cheerleader should have a positive attitude, high esteem for coaches and teammates, and most importantly show kindness and respect.

*Membership:*

I. Requirements

a. Sideline Cheerleading is restricted to 7th – 12th grade students.

b. Students must be Homeschooled 2021-2022 school year

c. All members are expected to be able to participate in the warm-up and conditioning exercises.

d. Each cheerleader must turn in a physical before.

e. If a cheerleader has been asked to leave the squad or resigns, from either COMP or SPIRIT, she may not try out again without meeting with the Cheerleading Director and coaches

II. Eligibility

a. Each cheerleader must maintain a 70 average in each individual class. Grades are priority; therefore, participating in cheerleading and maintaining grades is required.

b. Adequate preparation for tests and projects should not interfere with cheerleading activities.

III. Commitment

a. Sideline cheerleading is a one season sport. By trying out for Sideline cheerleading the athlete agrees to full participation in football season.

b. Comp Cheerleaders will fulfill the full commitment to Sideline Cheerleading for the football season as well as the competitive season through the end of January.

c. All members 7th – 12th grade must attend summer camp.

d. Camp will be held at SMU at NCA Camp July 19th-22nd, 2021 - Details TBA.

\*\*THERE ARE NO EXCEPTIONS…YOU MUST ATTEND CAMP\*\*

e. All cheerleaders 7-12th Grade must be in town by August 3rd, 2020

IV. Attendance/ Absence

a. Absence- If a cheerleader is to be absent, they must inform the sponsors of this BEFORE practice by texting or emailing the squad’s sponsor.

b. If the absence is not made aware of before practice, the member will receive a strike (ex. Conditioning, benching, removal from performance etc.)

c. Excused absences are as follows, and reasonable advance notification must be provided by a parent:

i. Personal illness

ii. Death of relative or close friend

iii. Approved school function

d. Cheerleaders must be at all games at the assigned arrival time unless otherwise instructed by the sponsor.

i. Failure to responsibly notify the sponsor will result in a strike.

e. Varsity/ Jr. High – During football season there is bye weeks. This will be the week you can make plans for college visits, etc. Otherwise, cheerleaders are expected to attend EVERY football game

V. Illness

a. If a cheerleader who is ill and misses ANY practice or activity, must be at HOME or seeking medical treatment.

b. A doctor’s note will be accepted to miss a practice due to illness.

c. Missing practice for doctor appointments does not excuse you from being replaced in performance or event and result in a strike. \*\*must be approved ahead of time\*\*

VI. Injury

a. Any cheerleader who is unable to perform due to medical issues must provide a doctor’s note with a time frame for recovery.

b. If the cheerleader is injured, she is still required to dress out at practices, events and games.

VII. Practice Procedures

a. All practices are mandatory.

b. Practices may include any of the following: conditioning, preparation for games and events, sign painting, stunting, tumbling, chants, and anything the sponsor/coach feels is necessary for that day.

i. Cheerleaders should always be fully prepared for every practice.

ii. Any conditioning done as a part of practice will be additional to strikes. c. There will be an out-of-town request form handed out at the first practice on which you must list vacations, camps, etc.

d. The squad sponsor/coach will conduct the practice.

e. Proper practice attire is to be worn at all times during practice. This includes the assigned practice wear, no jewelry, hair pulled back and out of face.

f. All cheerleaders are to be on time to practice.

i. A cheerleader is not on time if she is not properly dressed or if she has on jewelry.

ii. The wrapping of ankles or other preparatory activities must be completed prior to the start of practice.

g. Cheerleaders will not perform or practice any stunts without a sponsor/coach present and supervising.

i. Stunts, cheers, chants or dances that have not been practiced, or that a sponsor feels is not ready, will not be performed at games.

ii. The sponsor/ coach will make all decisions in regard to stunting groups.

VIII. Conduct

a. Cheerleaders will conduct themselves appropriately at all times, as they are representative of NDFC.

b. With the honor of cheerleading comes the responsibility of maintaining integrity in attitude, actions, and appearance.

i. All of these things must remain above reproach (i.e. no drinking, drug use, PDA, or other such behaviors

c. All cheerleaders will attend every activity the group is involved in, even if the sponsor/coach has benched them.

i. Cheerleaders not cheering will sit in uniform with the sponsor/ Coach. d. If a cheerleader needs to leave the track or court, she must first get permission from the sponsor/ coach.

e. Cheerleaders will not challenge a sponsor’s decision during a game/performance but will comply immediately.

f. The captains will decide on chants and cheers.

g. No unsportsmanlike conduct of any kind will be tolerated.

IX. Appearance

1. Cleanliness in appearance (clean uniform and hair in neat ponytail with bow) is expected of all cheerleaders. i. Uniforms must be washed between games.
2. Cheerleaders will not change into or out of any part of their uniform in view of the public.
3. Cheerleaders will dress alike at all performances. This includes, but is not limited to, shell, shirt/pants, hair, bow etc.
4. Cheerleaders are not to wear pieces of their cheerleading uniform with other articles of clothing (i.e. a t-shirt with cheer skirt). If clothes are changed, the cheerleader is to completely take off her uniform.
5. If any cheerleader wears non-issued items with their uniform, they will receive disciplinary action.

X. Participation

a. All cheerleaders will participate in pre-game set up and post-game clean up.

b. Cheerleaders are to be aware of the game at all times.

d. After half time performances are over, cheerleaders may use the restroom, rest or get water. They must be back before half time is over and cannot leave the game for any reason.

e. Cheerleaders arrive at the time designated by the sponsor/coach prior to the start of the game.

f. Cheerleaders will cheer at all football home games and select local away games.

g. Cheerleaders are to arrive at the time designated by the sponsor prior/ coach to the start of the game.

f. Cheerleaders are responsible for keeping their area clean, which includes post-game cleanup of any kind.

\*\*\*\* If at any time the sponsors, director or administration sees the need to alter any part of this code of conduct for the good of the organization, they may do so without prior notice. The sponsor or administration will deal with special situations should any arise that are not specifically addressed in this code of conduct. Failure to comply with any of the above will result in disciplinary action according to the spirit cheerleading discipline policy.\*\*\*\*

**Sponsor/Coach Information Varsity, Jr. High, and Comp- Please contact Breanna Whiteford for any questions or concerns.**

[Breanna@nikedallasfc.org](mailto:Breanna@nikedallasfc.org)

[Cxt@nikedallasfc.org](mailto:Cxt@nikedallasfc.org)

**SPIRIT CHEERLEADER COD OF ABSENCES** from practice, games or events

(Details below Absence/ Sick/ Injury Policy)

All members must attend each practice, performance and activity in its entirety. In case of:

I. Absence

a. If a cheerleader is to be absent, they must inform the sponsors of this BEFORE practice by texting the squad’s sponsor.

b. If the absence is not made aware of before practice, the member will receive strikes.

II. Illness-

a. If a cheerleader who is ill and misses ANY practice or activity, must be at HOME or seeking medical treatment

b. A doctor’s note will be accepted to miss a practice due to illness. O

\*\* Missing practice for doctor appointments does not excuse you from being replaced in performance or event.

III. Injury

1. Any cheerleader who is unable to perform due to medical issues must provide a doctor’s note with a time frame for recovery. –
2. If the cheerleader is injured, she is still required to dress out at practices, events and games.

**\*\*\*\*Work/Babysitting is never an excuse for missing ANY practice, activity or performance.\*\*\*\***

**CHEERLEADING DISCIPLINE POLICY**

Due by April 7th, 2021 – Submit Via Tryout Registration Form

Parents and daughters need to read the Cheerleading Code of Conduct and tryout packets together. Expectations regarding the cheerleading program at NDFC are very important and all must be aware that failure to uphold the stated rules can possibly lead to removal from the squad. Our goals for the cheer program are for NDFC cheerleaders to honor Christ always and lead in a positive manner. I have read and commit to adhere to the conditions stated in the NDFC Spirit Cheer Discipline Policy.

Cheerleader Name (Printed):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader Name (Signature):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SIDELINE (Varsity/ Jr. High)/ COMPETITIVE CHEERLEADING AGREEMENT**

\*\*Due by April 7th, 2021 – Submit Via Tryout Registration Form\*\*

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

Squad(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent and cheerleader, please initial by each line:**

\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ I have read and understand the discipline policy as outlined in this packet.

\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ I have read and understand the costs associated with NDFC Cheer.

\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ I understand that NDFC Cheerleading is an organized program. Athletes are expected to attend all games and events as a team. Although I (parent and daughter) might choose to be involved in a variety of activities, the sponsor cannot make exceptions based on my schedule.

\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ I understand that I am a representative of NDFC that my character should be above reproach.

\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ I commit to have a positive attitude, high esteem for Coaches and teammates.

\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ I understand that I will be held accountable to my team, the commitment I am making by signing this document, and to respect the principles outlined in this packet.

\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ I understand that I will not be eligible to tryout or attend the tryout clinic unless I am Homeschooled for the 2021-2022 school year.

Cheerleader Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Football Tentative Schedule**

**8/13 Scrimmage (Team TBA)**

**8/28 OKC Patriots (OK)**

**9/3 TBD**

**9/10 TBD**

**9/17 at Marble Falls**

**9/24 at Celina**

**10/1 at Dallas Parish Episcopal**

**10/9 at Tomball**

**10/15 Neman International**

**10/22 DasCHE**

**10/30 State Playoffs Game**

**1 11/5 State Playoffs Game**

**2 11/12 Bye 11/18 National Playoffs Game**

**1 11/20 National Playoffs**

**Game 2 All home games and the State Playoffs will be played at Prestonwood Christian Academy’s Lion Stadium in Plano. The National Playoffs will be played in Panama City Beach, Florida.**

**\*\*\*\* ALL FOOTBALL GAMES ARE MANDATORY\*\*\***