



# **Newbury Park High School**

**Spirit Cheer**

**2018-2019**

**Tryout Packet**

## **Table of Contents:**

|   |            |
|---|------------|
| Intro Letter                            | Page 3     |
| Introduction                            | Page 4     |
| Major Requirements and Responsibilities | Page 4-6   |
| Tryout & Selection Process              | Page 6-8   |
| CVUSD Transportation Memo               | Page 9     |
| Important Dates at a Glance             | Page 10    |
| General Information                     | Page 11    |
| Sample Judging Score/Tally Sheet        | Page 12-14 |
| Cheerleading Student/Parent Agreement   | Page 15    |
| Cheerleading Application/Checklist      | Page 16    |
| AthleticClearance.com Instructions      | Page 17    |
| District Physical Form                  | Page 18-19 |

March 2018

Dear Parent,

You are at this meeting because your student has shown an interest in becoming a member of the 2018-2019 NPHS Spirit Cheerleading Program.

Before you give permission and sign the Student/Parent Agreement, please carefully consider the commitment you and your student are making. Being a cheerleader is much more than wearing the uniform. It is an honor and a privilege to represent Newbury Park High School, and your student must accept considerable responsibility if he/she is selected for the squad. In addition, you will also be committing to considerable time and support.

If you allow your student to try out, please consider this commitment carefully and realistically. Many more students want to be cheerleaders than we can accommodate, and your student may experience the disappointment of being eliminated. If so, we hope you will encourage him/her to get involved in some other way at Newbury Park High School. If your student is selected to be on the squad, your support for the advisor/coaches will also be needed. Our desire is that there are no surprises; the rules are clear and will be enforced. While cheerleading has the potential of adding greatly to a student's high school experience, it is vital that you help your student understand that cheerleading requires hard work and dedication as well.

Sincerely,

Steve Lepire  
Principal

Carly Adams  
Assistant Principal, Student Activities

Rachel Kling  
Head Cheer Coach/ Advisor

## Introduction

Newbury Park High School Spirit Cheerleading Squad members set an example for others in their school spirit, leadership, and commitment to their studies. They are held responsible for upholding, reflecting, and projecting the ideals of their school and community. The cheer program is demanding in both time and talent. It is an honor and a privilege to be a member of the NPHS Cheer Team.

This packet is designed to provide both the parents and the student with information about the NPHS Cheer Team. *The information contained within this packet is subject to change at the discretion of the coaches, advisor, and/or appropriate administrator(s).*

## Philosophy

The Cheerleading program is a body of well-trained and disciplined athletes who carry out the functions of the cheer program for Newbury Park High School and the community. Each student participating in cheer will develop skills that will help him or her in their life after high school.

## Purpose

The NPHS Cheerleading program will focus on the following functions:

1. To provide positive leadership and spirit for the student body and local community by encouraging and demonstrating positive participation at events
2. To display good sportsmanship while representing NPHS and to serve as role models to the student body
3. To obtain the skills within each squad to develop personal poise, physical strength, stamina, coordination, showmanship, and athleticism.
4. To develop leadership skills, moral character, and a strong work ethic
5. To support Newbury Park High School athletic teams and their endeavors.
6. To represent Newbury Park School in competitive venues.
7. To function as a TEAM while involved in school activities and community events

## Major Requirements and Responsibilities

1. **Grades:** The CVUSD requires that all students participating in any extracurricular activities maintain a minimum 2.0 (C) average. Students must have this GPA in order to tryout, and must stay at or above this throughout the duration of the year to stay eligible. **Additionally, any current member trying out again must have maintained a B or higher in the cheerleading class (for the Quarter 2 grade in 2018) in order to be eligible for tryouts.**
2. **Behavior:** Terms of the CVUSD Co-Curricular Code and Contract are strictly enforced. Cheerleaders, as representatives of the school, are expected to display responsible behavior, follow school rules, and be respectful to school staff any time you are wearing any portion of your uniform. A negative attitude or behavior that reflects negatively on the school, the squad, and/or you can be grounds for dismissal from cheer. This includes, but is not limited to social networking sites, text messages, and emails. A signed code of conduct is MANDATORY for all students.
3. **Athletic Clearance:** All students interested in trying out for Spirit Cheer must create an account with [www.athleticclearance.com](http://www.athleticclearance.com). This is done through <https://nphsathletics.org/athletic-clearance/>. Please see attached instructions to complete this process. Once registered on [www.athleticclearance.com](http://www.athleticclearance.com), students must upload a copy of the district Physical Form completed by a doctor and a copy of their health insurance card. Students and Parents will read through and electronically sign all other necessary documents on the site, which include:
  - Statement of Consent
  - Concussion Information Sheet
  - Sudden Cardiac Arrest Information Sheet
  - Co-Curricular Code of Conduct Contract
  - Informed Consent and Acknowledgement of Waiver of Liability
  - NPHS Athletic Parent/Player Contract
  - Insurance Requirement

5. **Summer workouts:** Attendance at all summer workouts is critical in order to prepare for the fall season. The summer practice schedule will be distributed at the Post Tryout Parent Meeting.
6. **Uniform:** You will wear your uniform to all games you attend, as well as assigned clothes throughout the entire school day on the day of a game.
7. **Attendance:** You must be in attendance for **75% of your scheduled school day** in order to cheer at an event/game that night. In addition, *enrollment in the 5th Period Cheer class* is required. Failure to attend or participate fully in practices will reflect negatively in your grade for the class. Suspension and /or removal from the squad may also result from poor participation or attendance. You are expected to inform the coach in advance for unavoidable absences.
- Additionally, attendance at cheer events, including practices, games, and competitions must be a priority. It is your responsibility to manage your schedule so that you do not have conflicts. Job responsibilities, family dinners, and doctor's appointments are examples of activities that you must arrange around cheer. You are expected to schedule appointments so they do not interfere with practice or games. You will be given a schedule of dates and times each season so you and your parents will be able to plan for activities you are required to attend.
8. **Safety/Appearance:** We follow American Association Cheerleading Coaches/Advisors (AACCA) rules regarding safety procedures. This means you
- May NOT wear jewelry at practices/games or any time while in uniform
  - Nails must be short and only clear/natural polish is permitted
  - Hair must be pulled away from the face, and sunglasses are not to be worn.
9. **Performance:** Each member will be evaluated on a regular basis, both at practice and at games/performances. Grades for 5th period Cheer will, in part, reflect these evaluations.
10. **Parent participation:** Parents will be asked to assist with various events throughout the year. Without parent participation, it will not be possible for cheerleaders to fully support our athletic teams and participate in all the events as scheduled. Booster Club membership will also allow for coordination and facilitation of communication among and between parents, squads, and school personnel. Parent chaperones may be needed from time to time. Sign-ups for various parent roles will occur at the post-tryout meeting.
11. **Participation in other sports:** The Spirit Cheerleading Program is a semester long co-curricular activity. Students are expected to stay in the cheer class and participate in cheer duties for all of first semester and the first few weeks of second semester, until the end of the Basketball season. ***Spirit Cheerleaders are in season during the Fall and Winter, so they may NOT participate in any Fall or Winter Sports, or other activities that may conflict, per district policy.*** When Basketball season ends, Spirit Cheerleaders can participate in any Spring Sport or Spring Activity.
12. **School Enrollment:** Students who participate in Spirit Cheer will receive 5 credits upon completion of the Winter Basketball Season. Any student who leaves cheerleading for any reason, prior to the conclusion of the Basketball season will be considered to **have quit the cheer team** and will be subject to the following consequences:
- Student may not receive credit for being part of the cheer team for the quarter/term in which he or she quit
  - Student will transfer out with current class grade
  - Student will not attend the cheer banquet or any other cheer functions
  - Student will not be allowed to tryout for cheer for the following year

## Organization

The Assistant Principal of Activities oversees the Newbury Park High School Cheerleading program. The program is managed and coordinated by the NPHS Cheerleading Advisor and Coaching Staff. The program consists of **three level teams** (see below). The team is supported by the NPHS Cheer Boosters.

The Varsity Team is composed of:

- a minimum of 8 members
- a maximum of 25 cheerleaders
- 11th-12th grade students

The Junior Varsity Team is composed of:

- a minimum of 8 members
- a maximum of 20 cheerleaders
- 10th grade students

The Freshmen Team is composed of:

- a minimum of 8 members
- a maximum of 20 members
- 9th grade students

\* Squads are not guaranteed to reach maximum numbers, but will use the natural break in points to dictate size. As teams cannot exceed the maximum number, if a tie occurs at that number, neither applicant will be placed.

\*\*Numbers of levels and number of participants in each level, will be determined by available coaching staff.

\*\*\*Stunting is not guaranteed in Spirit Cheer and the decision to stunt and/or extent of stunting will be based on availability of qualified coaches, student ability, makeup of team, and administrator approval.

## Tryout and Selection Process

### ***Paperwork Submission:***

Students interested in trying out for the cheer program are required to complete certain paperwork prior to being allowed to attend the tryout clinics and tryout days. Necessary documents must be uploaded to [www.athleticclearance.com](http://www.athleticclearance.com) and required paperwork submitted to the Activities Secretary, by ***Friday, April 13, 2018, by 3:30pm***. The Activities Desk is located in the Newbury Park High School main office.

### ***Necessary Paperwork:***

- A copy of the *most recent semester/trimester (middle school) report card* demonstrating a 2.0 GPA or higher must be submitted by the deadline. All students participating in activities at NPHS must maintain a 2.0 GPA or higher. Any student that does not possess a 2.0 GPA or higher on the most recent semester or trimester report card will be removed from the tryout process and will not be allowed to tryout. In the Conejo Valley Unified School District, academics are our first and highest priority, and there will be no exceptions to this rule. It is the responsibility of the student to manage his or her time in a way that allows him or her to maintain academic eligibility.
- A copy of the student's attendance report for the year if student is from a school not in district, or not a feeder school.
- A completed *Cheerleading Application*, which is included in this packet (p.16).
- A signed *Cheerleading Student/Parent Agreement*, which is included in this packet (p.15).
- Deadline for submission of all paperwork listed above is:

**Friday, April 13, 2018 at 3:30pm**

All paperwork must be submitted to the NPHS Activities Secretary. Failure to do so will result in the student not being allowed to tryout.

### ***Total Points Available in Selection Process:***

There are 235 total points available through the selection process. A sample "Cheer Program Tryout Totals" form that breaks down the exact distribution of points is provided for your review in this packet (p.12-14)

- The Academic and Disciplinary Evaluation represent 25 total available points.
- The tryout routine represents 210 total available points. Four professional impartial judges will judge the tryout routines. Provided all four judges submit scores, the lowest score will be dropped, and only the three highest scores will be counted. Each judge can award a maximum of 70 points.
- A minimum score of 140 points must be met in order to be considered eligible for team placement

### ***Academic and Disciplinary Evaluation***

Cheerleaders represent Newbury Park High School and CVUSD on campus, on other school campuses, and in the community. Character, self-discipline, and demonstrated responsibility and respect are expected and valued. The ***Academic and Disciplinary Evaluation*** is an important part of the overall selection process.

1. *Most recent semester, trimester, or quarter (NPHS only) GPA* - any student with a non-indexed, cumulative GPA of 3.0 and above will receive **four points**. Any student with a non-indexed, cumulative GPA of 3.5 will receive **6 points**. Any student below 3.0 will receive **zero points**.
2. *Citizenship and Work Habits* - any student who does not have a single N or U listed under Work Habits or Citizenship on the most recent semester/trimester report card will receive **four points**. One N or U in Citizenship will result in **zero points**.
3. *Classroom attendance (truancies)* - Any student with six or fewer total period truancies by the paperwork deadline (Friday, April 13, 2018) will receive **five points**. Any student with seven or more total period truancies will receive **zero points**. If your student is a CVUSD student, a copy of their year-to-date attendance will be added to your packet after submission. *If you are not a CVUSD student, you must obtain a copy of your attendance record from your school Registrar and attach it to your packet.* **\*According to District policy, absences/tardies must be cleared within 72 hours or they will be recorded as truants and/or unexcused tardies. If you would like to view your attendance record, please use your Zangle/Q account to review your attendance records.**
4. *Disciplinary Actions* - Student detentions do not count as disciplinary actions for this category. Only Saturday Work Study, Academic Dishonesty violation, or suspensions count against the student in this section. Any student who does not have a Saturday Work Study, Academic Dishonesty violation, or suspension listed in their discipline file for the 2017-2018 school year will receive **ten points**. Any student with no suspensions from school and only one Saturday Work Study OR one Academic Dishonesty Violation for the current school year will receive **five points**. Any student with two or more Saturday Work Studies/Academic Dishonesty violations or a single suspension this school year will receive **zero points**.

### ***Tryout Routine***

Applicants will be taught the tryout material (tryout cheer, tryout dance, cheerleading jumps, appropriate entrance and exit) at the Cheerleading Tryout Clinics. These will be conducted on Monday, April 30th, 2018 and Tuesday, May 1st, 2018 from 4:00-6:00 pm in the NPHS Girls Activity Room. The cheerleading coaching staff coordinates the clinics and routines are taught to the students by graduating cheerleaders. During the tryout clinic week, no advisor, coach, and/or graduating cheerleader may offer additional assistance outside of the clinic to any student trying out. **A video link will be provided to all students at the conclusion of the first clinic. Students will be also be permitted to video with their own devices at the end of each clinic day.**

**\*Holding a current squad position does not guarantee placement on the Cheer Team for the 2018-2019 school year.\***

### The Tryout

- Four impartial judges from a recognized and certified cheer organization will evaluate students on Thursday, May 3<sup>rd</sup>, 2018 from 3:30-7:00 p.m.
- Students are judged in four specific areas: *Showmanship/Spirit, Cheer & Chant, Dance, and Jumps/Tumbling*. A Sample Judge Sheet is attached to this packet for review.
- The lowest score is dropped (provided there are four judges - if only three judges score an applicant, all three scores will be counted). Only the three highest scores will be included in the final tryout total.
- Applicants will be randomly assigned to form tryout groups. Groups will be composed of two - three applicants.
- Students must attend a minimum of 2/3rds of their school day, including PE or at least 2 periods (NPHS students only) to be eligible to attend the clinic and tryout.

### Required Tryout Attire:

- White Top that is long enough to tuck in
- Solid colored pair of shorts (Black Preferred that do not expose the buttocks area)
- Hair pulled up and off the face
- Shoes should be comfortable, athletic, and allow for safe participation
- No logos are allowed on shirts or shorts, and no identification of being a past cheerleader is allowed.

### ***Final Selection/Totaling of Points:***

A school administrator(s) will be totaling up final scores and determining the final squads, but will have no involvement in the judging process. Applicants must earn a minimum score of 140/235 in order to be considered for team placement (but earning the minimum does not guarantee squad placement). Final scores are confidential. All final scores are considered to be final upon the selection of the squads.

Placement is determined based on ranking of final totals, taking into consideration natural breaks in scores and maximum squad numbers. **The maximum number is NOT the guaranteed number of cheerleaders which will be taken on each squad.**

The first two letters of the student's last name and the last four digits of the student's social security number will be used to identify applicants during the tryout days. The final roster will be posted using those same numbers for identification. The final roster of placed applicants will be posted on the Cheer website which can be accessed via the school website at [www.nphs.org/activities/cheerleading/](http://www.nphs.org/activities/cheerleading/). Go to the Activities Tab then scroll to the Cheer Tab. Team postings will be available by 12 p.m. Saturday, May 5, 2018.

**\*\*\* Students are only allowed to tryout ONCE, and for only ONE Spirit Cheer squad in the district.\*\*\***





## CONEJO VALLEY UNIFIED SCHOOL DISTRICT

### ANNUAL ATHLETIC/CO-CURRICULAR TRANSPORTATION

In order to preserve safety and team camaraderie, CVUSD students are required to travel on busses, vans, or other transportation (when available) provided by the District to designated school sponsored activities, practices, and/or games/events. Your continued support in this effort is very much appreciated. In order to continue to deliver this valuable service to all participating students, we ask that you contribute in the following manner.

#### Transportation Cost Structure\*

|  |  |                             |
|--|--|-----------------------------|
| First Sport/Activity - \$124                   | Second Sport/Activity - \$71           | Third Sport/Activity - \$55 |
| Single Student Maximum Contribution –<br>\$250 | Family Maximum Contribution –<br>\$500 |                             |

*\*No student will be excluded from participation due to a lack of sufficient funds.*

## Important Dates at a Glance

### Application Deadline:

- **Friday, April 13th , 2018 by 3:30 PM**
- To NPHS Activities Secretary
- See Application Checklist

### Cheer Tryout Clinics:

- Monday, April 30th and Tuesday, May 1st from 4:00pm to 6:00pm in the NPHS Girls Activity Room.
- Clinics will be led by senior cheerleaders
- ***Clinic attendance is required***

### Cheer Try-outs:

- Thursday, May 3rd, 2018 in the NPHS Girls Activity Room from 3:30-7:00pm.
- NO SPECTATORS ALLOWED

### Results:

- Saturday, May 5<sup>th</sup>, 2018 at 12:00pm.
- All results will be posted on the school website [www.nphs.org/activities/cheerleading](http://www.nphs.org/activities/cheerleading) by noon. Go to the Activities Tab then scroll to the Cheer tab.

### MANDATORY PARENT AND CHEERLEADER MEETING FOR SELECTED SQUADS

- Wednesday, May 9<sup>th</sup>, 2018 NPHS Cafeteria 6:30 - 7:30

### Uniform Fitting:

- Thursday, May 10<sup>th</sup>, 2018 NPHS GAR 2:00-3:30 Varsity, 3:30-4:30 JV, 4:30-6pm Freshmen
- If your student is unable to attend, prior arrangements **MUST** be made with the coach.
- **It is MANDATORY that at least one parent attend with the cheerleader.**
- For those choosing to keep their uniform, once the fitting for a uniform is taken and the order placed, the uniform must be paid for. A final invoice will be sent via email to ensure the correct order is placed. If a student is unable to continue on the squad for any reason, this obligation must still be met.
- For those choosing to purchase a uniform, uniform costs will potentially range from \$200-\$1500. This depends on if you are a NEW Cheerleader versus a RETURNER. Final price will also depend on if you purchase additional quantities of an item (i.e. shoes, shorts,etc). Further information will be given at the Post Try-Out Parent Meeting.

### Cheerleading Camps & Clinics:

- USA Overnight Summer Camp: *July 31-August 3 at Great Wolf Lodge*
- Youth Cheer Camp (Future Panther Cheerleaders): June 25<sup>th</sup>- June 28<sup>th</sup> All Squads Attend

### Practice Information:

- Spring Practices:
  - Dates given at the First Post-Tryout Meeting- Starts Mid-May thru Beginning of June
- Summer Practices:
  - Dates given at the First Post-Tryout Meeting- Starts back up at the end of July through all of August.
- School Year Practices (Fall/Winter) will be given out during the summer practices.

## GENERAL INFORMATION

Becoming a cheerleader, just like participation in other athletic or activity groups, requires a significant commitment. Cheer families are responsible for paying the costs of optional camps and optional clinics attended, transportation (see attached CVUSD transportation sheet), and clothing items cheerleaders choose to purchase and keep. Cheerleaders will be provided an option to purchase a uniform to keep or to receive a loaner uniform. (*See the estimated costs to purchase a uniform based on the previous year provided in this packet.*) To help cover additional expenses of the NPHS Spirit Cheer program, the Spirit Cheerleaders and their families may be asked to participate in various fundraising efforts. No student will be denied full participation because of a decision not to contribute to the program, nor will a student be denied full participation because of a decision not to purchase personal items. More information about this will be covered at the Post-Tryout Parent Meetings.

**If you are selected for the team, please be aware that we will be collecting your first Pledge Partner Donation and Optional Cheer Camp deposit at the first new team meeting.**

**Booster Club Membership:** The NPHS Cheer Boosters are an invaluable part of the Cheer Team. They support the team through fundraisers, events, and attendance at competitions and games. Boosters meet once a month to plan and facilitate fundraisers, team parties, and other team activities. Membership is open to all parents of NPHS Cheerleaders and is highly encouraged, but not required.

The NPHS Spirit Cheer Booster Club is thrilled to offer a comprehensive Spirit Cheer program to every cheerleader, regardless whether his/her family contributes. No student will be denied the opportunity to participate due to financial contributions or lack thereof. However, the NPHS Spirit Cheer Booster Club does incur the expenses of coaching, equipment, and many other expenses *not* covered by CVUSD. To cover these expenses, we must rely on donations from devoted Pledge Partners who share our vision. Pledge Partner investments directly benefit our kids and make a successful Spirit Cheer Program possible. **The donation is tax deductible. Pledge Partner Form will be distributed at Post Tryout Parent Meeting.**

*\*\*Be reminded that no player will be excluded from participation regardless of their donation\*\**

*California law guarantees students a public education free of charge, including extracurricular activities. Students are therefore entitled access to educational activities, and to all materials, supplies, equipment and uniforms necessary for the educational activity, without charges or security deposits. There are some narrow fee authorizations in the law, and we ask for and encourage donations to assist us in our effort to continue providing high quality courses ad activities, but all donations are strictly voluntary. Please visit [www.nphs.org/](http://www.nphs.org/) for more information, and/or contact the Principal if you have any questions or concerns.*

Sample Cheer Team Tryout Totals

Student Name \_\_\_\_\_

Cheer ID   \_\_\_\_\_

School: Sycamore Sequoia NPHS \_\_\_\_\_

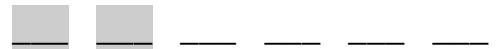
Grade 2018-2019    9    10    11    12

| <i><b>Academic &amp; Disciplinary Evaluation</b></i>   | <i><b>Judge Evaluation</b></i>   |
|--|--|
| <p><b><u>Grade Point Average</u></b><br/><i>(most recent semester/trimester/official marking term)</i></p> <p>3.0 Cumulative GPA = 4 Points<br/>3.5 Cumulative GPA = 6 Points</p> <p style="text-align: right;">_____ / 6</p>  | <p><b><u>Judges Tryout Evaluations</u></b></p> <p>Section 1 - Cheer &amp; Chant<br/><i>(Drop Lowest Score of four)</i></p> <p>Day 1 (Cheer) Judge #1 _____ / 35<br/>Day 1 (Cheer) Judge #2 _____ / 35<br/>Day 1 (Cheer) Judge #3 _____ / 35<br/>Day 1 (Cheer) Judge #4 _____ / 35</p> <p style="text-align: right;">Total Day 1 Judges Evals _____ / 105</p> |
| <p><b><u>Citizenship</u></b><br/><i>(most recent semester/trimester/official marking term)</i></p> <p>No N's or U's = 4 points</p> <p style="text-align: right;">_____ / 4</p>   | <p>Section 2 - Dance<br/><i>(Drop Lowest Score of four)</i></p> <p>Day 2 (Dance) Judge #1 _____ / 35<br/>Day 2 (Dance) Judge #2 _____ / 35<br/>Day 2 (Dance) Judge #3 _____ / 35<br/>Day 2 (Dance) Judge #4 _____ / 35</p> <p style="text-align: right;">Total Day 2 Judges Evals _____ / 105</p>  |
| <p><b><u>Truancies</u></b><br/><i>(2016-2017 School Year)</i></p> <p>No more than 6 period truancies = 5 points</p> <p style="text-align: right;">_____ / 5</p>  |  |
| <p><b><u>Disciplinary Actions</u></b><br/><i>(2016-2017 School Year)</i></p> <p>NO: Suspensions, SWS, Academic Dishonesty Violations = 10 points</p> <p>Academic Dishonesty and Saturday Work Study<br/>1st Violations = 5 points<br/>2nd Violation = 0 points</p> <p>Any School Suspensions = 0 points</p> <p style="text-align: right;">_____ / 10</p> |  |
| <p><b>Total Academic &amp; Disciplinary Points _____ / 25</b></p>  | <p><b>Total Judges Points _____ / 210</b></p>  |

Total Academic & Disciplinary Points \_\_\_\_\_ / 25  
Total Judges Evaluations \_\_\_\_\_ / 210

**Overall Score \_\_\_\_\_ / 235**

**CHEER & CHANT**



**SHOWMANSHIP/SPIRIT**

**Developing: 1-4**

**Good: 5-8**

**Excellent: 9-10**

| Presentation | Smile/Eye Contact | Enthusiasm | Confidence | Spirited Entrance/Exit |
|--------------|-------------------|------------|------------|------------------------|
|              |                   |            |            |                        |

\_\_\_\_\_ / 10

**REQUIRED JUMP (TOE TOUCH)**

**Developing: 1-2**

**Good: 3-4**

**Excellent: 5**

| Required Jump |
|---------------|
|               |

\_\_\_\_\_ / 5

**CHEER & CHANT**

**Developing: 1-8**

**Good: 9-16**

**Excellent: 17-20**

| Sharpness & Strength | Motion Technique | Voice: Projection, Articulation & Tone | Knowledge of Material |
|----------------------|------------------|--|-----------------------|
|                      |                  |  |                       |

\_\_\_\_\_ / 20

**Judge's Name:** \_\_\_\_\_

**TOTAL** \_\_\_\_\_ / 35

**DANCE & TUMBLING**



**SHOWMANSHIP/SPIRIT**

**Developing: 1-4**

**Good: 5-8**

**Excellent: 9-10**

| Presentation | Smile/Eye Contact | Enthusiasm | Confidence | Spirited Entrance/Exit |
|--------------|-------------------|------------|------------|------------------------|
|              |                   |            |            |                        |

\_\_\_\_\_ / 10

**TUMBLING/ALTERNATE JUMP**

**Developing: 1-2**

**Good: 3-4**

**Excellent: 5**

| Tumbling/Alt. Jump |
|--------------------|
|                    |

\_\_\_\_\_ / 5

**DANCE**

**Developing: 1-8**

**Good: 9-16**

**Excellent: 17-20**

| Rhythm & Timing | Dance Technique | Sharpness | Knowledge of Material |
|-----------------|-----------------|-----------|-----------------------|
|                 |                 |           |                       |

\_\_\_\_\_ / 20

**Judge's Name:** \_\_\_\_\_

**TOTAL** \_\_\_\_\_ / 35

## Cheerleading Student/Parent Agreement

### *Student Agreement*

I, \_\_\_\_\_, have read and understand the Cheerleading Information packet. Specifically, I understand that I must meet all deadlines, complete the application process as outlined, and meet all eligibility requirements in order to be considered for the cheerleading program. I agree to abide by the decisions of the judges in the determination of squad membership. Should I be selected, I agree to abide by the CVUSD Co-curricular Code and Contract as well as the rules presented and meet the responsibilities of being a cheerleader.

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)

### *Parent Agreement*

I, \_\_\_\_\_, parent or guardian of \_\_\_\_\_, have read and understand the Cheerleading Information Packet. Specifically, I understand that my son/daughter must meet eligibility and application requirements in order to be considered for the cheerleading program. I am also aware of the financial commitments for items that we opt to purchase and **keep**, and realize that once cheer items are ordered it is my responsibility to make timely payments towards the balance. If a loaner uniform is provided, I agree to return all pieces in a condition conducive to reissuance in the future. I agree to support and abide by the decision of the judges in the determination of the squad membership and to help the advisor in enforcing the rules and guidelines presented in the packet and to support my son/daughter's efforts to meet responsibilities and expectations of cheerleading if selected.

\_\_\_\_\_  
(Parent Name)

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

# **CVUSD Cheerleading Application & Checklist 2017-2018**

***DEADLINE \*\*\*\*April 13th, 2018 at 3:30 PM\*\*\*\****

Applicant Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Applicant Email Address: \_\_\_\_\_

Current School: \_\_\_\_\_ Current Grade Level: \_\_\_\_\_

First two letters of Last Name \_\_\_\_ / \_\_\_\_ Last 4 digits of Social Security Number: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

Parent Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

## **CHECKLIST:**

The following things **MUST** be included in each packet before it can be received by NPHS and date/time stamped.

- Cheerleading Application & Checklist (this page)
- Cheerleading Student/Parent Agreement (p. 15)
- Most Recent Report Card (HS Quarter 3/ MS trimester)
- Attendance Report (YTD) (if current CVUSD Student, will be supplied by school after packet is submitted)
- Discipline Report (if current CVUSD Student, will be supplied by school after packet is submitted)
- Verify Parent Attendance at Pre-Tryout Meeting at either NPHS, TOHS, or WHS
- Physical and Insurance, as well as electronic signatures uploaded on athleticclearance.com

**\*\*PLEASE INCLUDE THIS FORM (ON TOP) WHEN YOU  
SUBMIT YOUR CHEER PACKET**



## NPHS Athletic Department – Mandatory Participation Clearance

1. Go to [athleticclearance.com](http://athleticclearance.com) to begin creating your account. You will need to create an account in order to begin.

**\*\*\*If you have already created an account in the 2017/18 school year, just sign in.\*\*\***

You will need to do a separate clearance for each student athlete in your house. Only one parent account is needed regardless of how many athletes you have at NPHS. There is a tutorial video on the home page if you need further assistance.

2. Once you have an account, please click on the button that says **Start Clearance Here!** You will then select the year, school, and sport for your athlete. Be sure to select the **2018/2019** school year.
3. Click the “submit” button on the bottom of each page to save your work. If you need to edit a section that is already completed, or to complete another section, click the “pencil” icon for that section. (See graphic below)

| Year    | Sport             | Student      | School       | Student Info | Physicals | Medical History    | Parent/Guardian Info | Signature  | Confirmation | Shop | Status    | Delete |
|---------|-------------------|--------------|--------------|--------------|-----------|--------------------|----------------------|------------|--------------|------|-----------|--------|
| 2017-18 | Football (11 man) | Eric Randall | Newbury Park | Completed    | Completed | Completed<br>PRINT | Completed            | Incomplete | ?            | View | Uncleared | X      |

4. In the “Signature” section all forms require signatures which can be done as electronic signature of both athlete and parent.
5. Complete the NPHS/CVUSD doctor’s form. It must be filled out in its entirety, signed and dated by the doctor. Both sides of the forms should be scanned into one file and uploaded back into the site in the “Physicals” section. Click on the pencil if you have already completed that section. Upload the entire physical where indicated as “upload physical form: Choose file.” Do not use any other location to upload the physical. We also require a copy of the students’ medical insurance card be uploaded in the “Physicals” section where indicated as “proof of insurance: Choose file.” **Ignore “Concussion/Baseline Certification” and “Additional Form.”**

### There is a new feature – Documents Library

This can be useful for storing scanned copies of physicals and medical insurance cards, e.g., if the athlete plays multiple sports.

- a) Scan both sides of the NPHS/CVUSD doctor’s form into one file and save it on your computer.
- b) In your AthleticClearance.com account, click on “Documents Library” (see graphic above)
- c) Click “choose file”
- d) Upload file – you must see the file name under “Upload Physical Form”
- e) Repeat for medical insurance card

This only stores the documents. In order to retrieve them and apply them to the athletic clearance account:

- a) In your AthleticClearance.com account, click on the “pencil” in the “Physical” section.
- b) Next to “Upload Physical form,” click “choose from document library”
- c) Select the file containing the physical
- d) Click “submit to attach clearances” You must see the file name when the screen returns to “Step #1 – Student Information.”

Repeat for the “proof of insurance.” THEN CLICK SAVE!

**When the NPHS Athletic Office has reviewed all the digital forms and uploads, we will clear the athlete.** The “Status column will change to “cleared.” You will then receive a confirmation email that your student athlete is cleared for that sport.



STUDENT NAME: \_\_\_\_\_  
 (Last) (First) (M.I.)

GENDER: ( ) Male ( ) Female BIRTHDATE: \_\_\_\_\_

**HEALTH HISTORY – TO BE COMPLETED BY PARENT/GUARDIAN**

This section is to be carefully completed by the student and his/her parent(s) or legal guardians(s) before participation in activities/interscholastic sports in order to help detect possible risks.

**MARK ONLY THOSE WHICH APPLY!** Include date for conditions that are not current. Explain "Yes" answers below.

|                           |                              |                             |                    |                              |                             |                            |                              |                             |
|---------------------------|------------------------------|-----------------------------|--------------------|------------------------------|-----------------------------|----------------------------|------------------------------|-----------------------------|
| Allergy                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | False Teeth        | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Mononucleosis              | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Arthritis                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Glasses/Contacts   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Mumps                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Asthma                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Heart Murmur       | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Pneumonia                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Chicken Pox               | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Hepatitis          | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Polio                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Concussion                | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Hernia             | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Rheumatic fever            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Diabetes                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Kidney Problems    | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Sinus problems             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Emotional problems        | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Measles            | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Tuberculosis               | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Epilepsy/Seizure Disorder | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Menstrual Cramps   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Whooping Cough (Pertussis) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Frequent Fainting         | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Migraine Headaches | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Other                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Explain "Yes" here: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**List all surgeries, fractures, sprains, or dislocations below:**

| Nature of problem | Year | Nature of problem | Year |
|-------------------|------|-------------------|------|
|                   |      |                   |      |
|                   |      |                   |      |
|                   |      |                   |      |

Reasons and dates for any prolonged absence(s) from school: \_\_\_\_\_

Substance(s) to which student is allergic: \_\_\_\_\_

Dates of most recent: Tetanus Booster \_\_\_\_\_ Chest x-ray \_\_\_\_\_ Smallpox vaccination \_\_\_\_\_

Whooping Cough (Pertussis) vaccination \_\_\_\_\_

**PHYSICAL EXAMINATION SUMMARY – TO BE COMPLETED BY PHYSICIAN**

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ Pulse: \_\_\_\_\_

**Note any abnormalities:**

Eyes (sclera, corneas): \_\_\_\_\_

Ears (canals, TMs): \_\_\_\_\_

Nose (septum, mucosa): \_\_\_\_\_

Throat (tonsils, teeth): \_\_\_\_\_

Cardiovascular (pulses, murmurs): \_\_\_\_\_

Respiratory: \_\_\_\_\_

Abdomen (organs, masses): \_\_\_\_\_

Genitalia (testes, hernia): \_\_\_\_\_

Musculoskeletal: \_\_\_\_\_

Neurological: \_\_\_\_\_