

Dear Prospective Cheerleader:

We are pleased that you are interested in trying out for the Cheerleading Squad for the 2008-09 fall season. Please read all the information carefully so you will be prepared for the tryout process.

All clinics will begin promptly at 4:30pm. The clinics are scheduled to end at 7:00pm. Please come dressed to practice-shorts, t-shirt, and athletic tennis shoes. The tryout will take place on Saturday, May 17. Please wear a white t-shirt and dark colored shorts for the tryout.

Prior to your participation in the first clinic, you **MUST** turn in a completed cheerleading packet. If you do not have these items completed, you will not be allowed to practice. **THERE WILL BE NO EXCEPTIONS.**

You are required to submit

- current medical form (if you do not have one on file)
- medical card
- parent/guardian permission forms
- signed cheerleading rules by both you AND your parent/guardian
- five teacher recommendation forms-Math, Science, English, SS, and one of your choice

Use this website for required school forms or pick them up from the athletic office.

<http://www.mcps.k12.md.us/schools/springbrookhs/athletics/Pages/DeptInfo/forms.html>

The following is the schedule for the 2007-08 winter tryouts:

Tuesday, May 13 <sup>th</sup>	Clinic I-Cafeteria	4:30-7:00pm
Wednesday, May 14 <sup>th</sup>	Clinic II-Cafeteria	4:30-7:00pm
Thursday, May 15 <sup>th</sup>	Clinic III-Lower Gym	4:30-7:00pm
Friday, May 16 <sup>th</sup>	Clinic IV-Cafeteria	4:30-7:00pm
Saturday, May 17 <sup>th</sup>	Tryout-Cafeteria	10:00am-12 Noon

Your composite score for tryouts will consist of the following:

Attendance at the clinics

Tryout Elements (Jumps, Dance, 1 Cheer, 1 Chant, Gymnastics)

Overall Skill and Enthusiasm (Spirit, Voice Projection, Stiff Movements)

Teacher Recommendations

You should know that will be required to purchase a few items that complete the cheer uniform. These items will be yours to keep. You will need the team shoe, socks, white bodysuit, and navy half-tights. Plan to spend about \$60 on these items.

Please let me know if you have any questions. GOOD LUCK!!!

Sincerely,

Shannon Golembiewski

[Shannon\\_golembiewski@mcpsmd.org](mailto:Shannon_golembiewski@mcpsmd.org)

Springbrook Cheerleading Coach

## CHEERLEADER'S RULES

- Be on time, dressed and ready to work.
- This is a TEAM SPORT! Every one must be here 100% and willing to participate.
- No coach, no practice. EVER!
- Only excused absences are doctor's appointments, with a note, sickness, or death in the family.
- Conditioning and safety are a **MUST**. Everyone will participate in strength training exercises and safety skills in order to fully participate in cheerleading.
- All practices are held at SHS **usually** from 2:30-5:30pm. A short study hall is provided as a part of each practice from 2:30-3:15pm.
- Practices are **closed** to all parents, friends and other family members unless otherwise stated. Safe and distraction-free environments are essential to a productive practice.
- Parents or guardians **must** drop off and pick up their child on time. This is to ensure their safety at all times.
- **NO JEANS, NO JEWELRY, NO BELLY BARING T-SHIRTS, NO NAIL POLISH/EXCESSIVELY LONG FAKE NAILS!**
- Proper tennis shoes are **REQUIRED**. Without them you will not practice.
- Hair must be worn out of the face at all times.
- No gum or candy during practice or at games.
- Only drink water in your uniform! No colored beverages or food allowed!
- **Bring a water bottle with you to ALL practices.**
- School is a priority. Bi-weekly grade checks will be made by coaches.
- Respect is **not** an option. You will respect the coaches, your parents, teammates, fellow squads, player and guests at all times.

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

Cheerleader's Signature \_\_\_\_\_ Date \_\_\_\_\_

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

## JV/Varsity Cheerleading Teacher Recommendation

Student \_\_\_\_\_ Teacher \_\_\_\_\_

Please circle the number that best represents the above student's character and abilities. Rank 1 as the lowest and 5 as the highest.

Is this student motivated?      1      2      3      4      5

Is this student dedicated?      1      2      3      4      5

How well does this student  
interact with others?      1      2      3      4      5

Is the student capable of  
balancing cheerleading  
and academics?      1      2      3      4      5

Do you recommend this  
student for  
cheerleading?      1      2      3      4      5

Comments:

Teacher's Signature \_\_\_\_\_

Thank you for taking the time to complete this student's recommendation. Please return this form to the athletic office (Pony to Ron Lane at Springbrook) or return it to the student in a sealed envelope by **Friday, May 9<sup>th</sup>** so he/she can turn it in before tryouts.

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