

# WLHS Cheer Tryouts 2024-25



April 30 – May 2nd

6:00-8:00 PM

WLHS Auxiliary Gym

Please fill out and bring the following forms  
with you to tryouts on April 30th

- ✓ Conflict form
- ✓ Signatures of Participation
- ✓ Teacher Evaluation Form (one for each class)
- ✓ S1 transcript

# Welcome to West Linn Cheer 2024-25

Welcome to Tryouts! We are very excited for the 2024-25 cheer season. Please seriously consider all the information in this packet before deciding to try out for the West Linn High School Cheer team. There is a huge time commitment involved in being a cheerleader at West Linn High School. Some of the many commitments are fundraisers, camp, summer practices, games, competitions, and many hours during and after school. Academics are important to our coaching staff, and we expect all members to study hard to be able to attend all practices and required cheer activities. Your cheer commitment comes before other activities as we rely on each other to make this team effective. Often, practices will go a little longer than planned or the squad will be asked to perform at an unscheduled event. Gym space at West Linn High is very hard to come by and practices often begin at 7:30pm. Therefore, it is important to be able and willing to stay on top of your academics so that you are able to attend practices. Cheer Squad members are required to attend all scheduled practices, meetings, and performances in their entirety.

Fundraising is the responsibility of all members and is mandatory for all members (and all parents). Besides trying to bring down the individual cost involved in belonging to the group, there are many costs that must be covered for the benefit of the entire group. You must be committed to fundraising your own expenses as well as your team expenses. If you decide to quit or are dismissed from the squad, the remaining balance will be due immediately. Once an item has been ordered, it becomes your responsibility to pay.

The rules and regulations outlined later in this packet are strictly and fairly enforced. Furthermore, all OSAA and West Linn – Wilsonville School District rules and regulations along with the Athletic Code of conduct will be strictly enforced.

A tentative schedule for August practices has been made available and included in this packet. Any conflicts should be addressed on the conflict form and turned in as soon as possible. **This does not excuse your athlete**, but it does give us a place to start a conversation. Some dates will be deleted, and some added to the calendar depending on squad readiness and changes in the athletic schedules. If, after reading the accompanying information, you feel that you would like to belong to the WLHS Cheer Organization please carefully follow each of the steps for trying out.

Being a part of West Linn Cheer can be some of the most rewarding experiences and best memories and times of your life. Cheerleaders will get to know each other in such a way that it cannot be compared to that of any other team. We wish all of you the best at tryouts; Enjoy the process and GOOD LUCK TO YOU!

Thank you,

Coach Shannon Maloney/Head Coach WLHS Cheer



## WLHS Cheerleading

## TRYOUTS 2024-25

### DATES & TIMES

#### Current 9<sup>th</sup> – 11<sup>th</sup> Grade Tryouts:

- April 30<sup>th</sup>, May 1<sup>st</sup> Clinics @WLHS/Aux gym 6:00-8:00 pm
- Tryouts: May 2<sup>nd</sup> 6:00-8:00 pm

#### Incoming 9<sup>th</sup> Grade Tryouts will be held in an incoming 9<sup>th</sup> grade group

- April 30<sup>th</sup>, May 1<sup>st</sup> Clinic @WLHS/Aux gym 6:00-8:00 pm
- Tryouts: May 2<sup>nd</sup> 6:00-8:00 pm

#### ATTENDANCE

- Attendance at Tryouts is mandatory unless previously excused by a coach.
- Absences will only be excused for prior, unavoidable commitments and/or illness.

#### REQUIRED PAPERWORK

- Please access, print out the forms and read our 2024-25 Tryout Packet
- The packet can also be found on our website at: [westlinncheerleading.com](http://westlinncheerleading.com) or can be picked up in the athletics office at WLHS
- Please sign and bring these forms (found in the Tryout Packet) with you on APRIL 30TH:
  - **West Linn Cheer Conflict Form**
  - **Signature of Participation and Waiver**
  - **S1 Transcript**
  - **Teacher Recommendation form (one for each class)**

### Tryout CLINIC STRUCTURE

- Practice: April 30<sup>th</sup> and May 1<sup>st</sup>– All 9<sup>th</sup>-11<sup>th</sup> grade candidates will be split into small groups to learn and practice the following material: 3 jumps, a cheer, tumbling, dance
  - April 30<sup>th</sup> and May 1<sup>st</sup> – All 8<sup>th</sup> Grade athletes will be split into their own age group and practice the same material.
- Candidates will rotate in their age groups and learn material.
- Tryouts: May 2<sup>nd</sup> - we will remain in our small groups to practice material and will sign up for Tryout groups. There will be a sign-up sheet available for groups of four. If you are not able to sign-up, a coach will place you in a group. 8<sup>th</sup> Grade athletes will need to perform with other 8<sup>th</sup> grade athletes.
- May 2<sup>nd</sup> – Tryouts. Athletes will perform for coaches in groups of four

### Tryouts

- Candidates will tryout in groups of four
  - Candidates can choose their partners on May 1<sup>st</sup>. Those who cannot choose a group will be assigned one
  - Performance groups will wear a black top and black bottoms of choice and tennis shoes. You can coordinate the ribbon as a group if you would like.

#### The following will be performed on May 2<sup>nd</sup>

- Cheer
- Dance
- Running Tumbling: Each candidate will perform one of the following options if able: Cartwheel, Round Off, Round Off Back Handspring, Round Off Multiple Back Handsprings, Round Off Back Handspring Tuck, Round Off Back Handspring Layout, or Round Off Back Handspring Full
- Standing Tumbling: Each candidate will perform one of the following options if able: Forward Roll, Handstand Forward Roll, Back WalkOver, Standing Back Handspring, Standing Back Handspring (on Cheer Mat), Standing Multiple Back Handsprings, Standing Back Handspring AND Standing Tuck, Standing Back Handspring Tuck
- Jumps: Each candidate must perform the following jumps: Toe Touch, Right and Left front Hurdler
- This is a closed tryout. Parents, friends, and other candidates may not watch
- The time slots will be posted for athletes to sign up in groups of four. 8<sup>th</sup> Graders will be together
- Please give yourself plenty of time to stretch and warm-up before your official tryout. There will be a mat in the Commons to warm up tumbling
- Please remain in the commons after you perform as we may have call backs
- Teams will be posted on our website: [westlinncheerleading.com](http://westlinncheerleading.com) on Friday, May 3<sup>rd</sup>

## **WHAT TO WEAR All Week**

Candidates are to dress in athletic attire, black t-shirt, and black shorts, tennis shoes at clinics and tryouts

- Hair is to be secured back, out of face and eyes (bangs below the eyebrows must be secured back).
- No jewelry of any kind is allowed
- Fingernails are to be athletic length, no acrylics

## **Team Placement**

2024-25 Sideline and Competition Teams (Traditional and Game Day) will be posted on Friday via our website: [westlinncheerleading.com](http://westlinncheerleading.com).

## **WEST LINN 2024-25 VARSITY REQUIREMENTS**

### **VARSITY COMPETITION TEAMS (Comprised of Traditional and Game Day): Eligible Grades: Incoming 9th – 12th Grade**

Minimum Requirements Traditional Team: We would like to see your best tumbling at tryouts. If you have a running or standing tuck, layout or full, we would love to see it! A standing back handspring is the minimum tumbling requirement needed to make a mat. If you are close to a back handspring but cannot show the skill on May 2<sup>nd</sup> without a spot, you may be put on the team as an alternate with an option to continue to work the skill and demonstrate it before we choreograph our routine in October. Alternate skills considered: Advanced ability in Cheer, Dance, Jump and Stunt.

Minimum Requirements Game Day Team: A minimum of a back or front walkover should be demonstrated at tryouts. A back handspring is preferred with a hope to progress in tumbling skills throughout the year. Alternate skills considered: Strong ability to cheer, dance, jump and stunt.

- In season time Commitment for all competition team members: August-March
  - 3 times per week for 1-3 hours each (This includes 2 days of tumbling practice at Empire Athletics). Attendance at all mandatory August Varsity cheer commitments
- Friday home and away Football Games (once drill downs are passed)
- Basketball games (Up to 2 games a week)
- Competitions: The majority of Saturdays from December through February. Mandatory.
- State Alternates: Due to tumbling requirements, some members may be alternates and not compete in every competition.
- Nationals Competition opportunity in February contingent on team vote and skill assessment

### **VARSITY SIDELINE TEAM: Eligible Grades: 9th – 12th Grade**

- Due to limited practice and performance space, we will consider making cuts during tryouts
- Strong emphasis on musicality for this team. Strong crowdleading skills, good school leadership
- In season time Commitment: August-March
  - 1-2 times per week for 1-2 hours each
  - All August Varsity cheer practice commitments
- Home football and basketball games (once drill downs are passed)

## CHEER ATTENDANCE POLICY AND EXPECTATIONS

• ALL practices, games, and events are MANDATORY. Illness, family emergencies (i.e.: funerals, etc.), and mandatory school events that are approved by the coach and listed on the Conflict Form (located below) are the only absences from a game, practice or other event that will be allowed. Vacations and jobs will not be considered excused absences and dental, doctor, hair and other appointments must be made after school, outside of practice time. Cheerleading is a large time commitment, and families need to be prepared to make that commitment along with their cheerleaders.

**All practices are mandatory to stunt at games and compete even if excused on the conflict form**

### ELIGIBILITY

• Cheerleaders are expected to remain academically eligible in accordance with the OSAA's and the West Linn/Wilsonville School District's Eligibility Rules

### CONDUCT

• As a West Linn High School Cheerleader, you will represent yourself, your team, your school, and your coaches always. Your actions need to reflect that honor. Vaping, drinking, and drug use are grounds for suspension or dismissal in accordance with the WEST LINN High School Athletic Training Rules

## WEST LINN 2024-25 TRYOUTS

### CHEERLEADING

• Team members will be expected to follow all rules set forth in the attendance policy above. Parents and athletes will need to read and sign that they agree to abide by these rules if they are selected for the team

## MARK YOUR CALENDAR

EVENT	TEAM	DESCRIPTION	DATE
UNIFORM FITTING	ALL	MAY	MAY 8 <sup>th</sup> 6PM
PARENT MEETING	ALL	MAY	MAY 9 <sup>th</sup> 6PM
WEIGHT TRAINING	ALL	MAY-AUG	TBD
PRACTICES BEGIN	ALL TEAM	AUG	AUGUST 12TH
GWL STUNT CAMP	COMP Game/Day	AUG	AUG 6 <sup>th</sup> – 9TH
GAMEDAY Choreo	COMP	AUGUST	Week of AUG 8TH
DAILY DOUBLES	ALL	2X A WEEK	8/12 AND 8/19
KIDS CLINIC	ALL	AUG	TBD
BURGER DRIVE	ALL	AUG	AUG 24th
TUMBLING	COMP	2X PER WEEK	AUGUST-FEB
STUNT CLINIC	COMP	SEPT	SEPT 8TH
CHOREOGRAPHY	COMP	OCT	OCT 3 <sup>rd</sup> , 10 <sup>th</sup> 17 <sup>th</sup>
ALL-STATE	INDIV	OCT	OCT 19 <sup>th</sup>
GAMEDAY COMPETITION	GAME DAY	NOV	NOV 2 <sup>nd</sup>
GAMEDAY CHAMPS	GAMEDAY	NOV	NOV 9TH



## TEAM AND INDIVIDUAL FUNDRAISERS

**TEAM FUNDRAISERS** • There are multiple required team fundraisers that will raise money to cover uniforms, training, and other team expenses. Team Sponsors, Fall kids' clinic and our West Linn Cheer Competition are examples of team fundraisers

**INDIVIDUAL FUNDRAISERS** • You will also have an opportunity to fundraise some of your personal cheer expenses. Banner Sponsor Fundraiser is an excellent way to offset your uniform expenses. Forms will be due August 12<sup>th</sup>.

## APPAREL AND ACCESSORY EXPENSES

Below are the required fees that each cheerleader will be responsible for paying throughout the season with the costs and the date in which the payments will be due.

### BREAKDOWN OF APPAREL AND ACCESSORIES

- **VARSITY UNIFORM:** 2<sup>ND</sup> YEAR /Uniform (long sleeve, cheer top, bra, cheer skirt and briefs
- **UNIFORM ACCESSORIES:** These items could include Poms, Rain Jacket, Nike athletic sweatpants, Team Backpack, game/comp bows and shoes
- **TEAM CAMP & PRACTICE APPAREL:** 2 practice tops, sweatshirt, black Nike Pros\*

## VARSITY CHEER FEES

DUE DATE	DESCRIPTION	FEE	TYPE
MAY 30TH	GWL CAMP FEES	\$469.00	
MAY OR AUG	UNIFORM PAYMENT DUE	SEE BREAKDOWN	
	NEW Varsity Game uniform	\$347.59	ONLINE
	NEW Uniform Accessories	\$328.00	ONLINE
	NEW CAMP/PRACTICE APPAREL	\$214.00	ONLINE
AUGUST – FEB	Team Tumbling/ 2X week Comp team	MONTHLY	ONLINE
AUGUST – FEB	Team Tumbling /1X week Sideline	MONTHLY	ONLINE

\*Prices are based on last year's numbers and could be subject to change. Athletes will be given the opportunity to pay for their uniform in May via credit card, or you can defer payment until August 6<sup>th</sup> after your banner fundraiser is done.

# CONFLICT FORM

## PLEASE RETURN ON APRIL 30TH

CHEER 2024-25

Cheerleading has become a multi-season sport and we are incredibly excited to give our athletes the opportunity to participate in community events, games and competitions on both the local and national level. As a sport, we require that our athletes attend all practices, games and cheer events. Unlike other team sports, we cannot execute critical components of our sport (stunts, competition routine, etc.) if we do not have all team members present. We understand that important family functions occur, and we are hoping to partner with our parents to communicate in advance any conflicts that may arise **so that we can plan practices accordingly**. Our attendance policy has been created to keep everyone motivated and to give our team the best chance as a successful season. **Practices are not listed here as they are mandatory and could happen any time during the week. Please contact coach Shannon if you have any questions.**

Please list below any conflicts that could occur during the year.

- Team Clinics, Camps and practices begin in August. Stunt Clinics and Stunt Group assignments will be assigned at these practices. Daily Doubles are MANDATORY if you wish to cheer and begin August 12<sup>th</sup> and last until school begins. Depending on field availability, practices are Monday – Thursday during the week. These practices are mandatory for game preparation and team selection. If you are unable to attend these practices, it would be best for you to **wait a year** to be on the team.
- Competition/Choreography is mandatory to attend if you wish to compete. Please see the dates listed above.

2024-25 Cheer Competitions: We plan to compete most weekends January – February. Please identify any conflicts that you may have on the following dates. If you do not have conflicts, please sign below.

- NOV 2<sup>ND</sup> Possible Gameday Competition \_\_\_\_\_
- NOV 9th/Game Day Championships \_\_\_\_\_
- DEC 7<sup>TH</sup> MCMINNVILLE \_\_\_\_\_
- JAN 11th/LAKER Rumble \_\_\_\_\_
- JAN 18/Lion Cheer Challenge \_\_\_\_\_
- FEB 1<sup>ST</sup>/LAKERIDGE \_\_\_\_\_
- FEB 8TH/TUALATIN LAST CHANCE \_\_\_\_\_
- FEB 15TH /OSAA State Competition \_\_\_\_\_

Dates will be updated when the sanctioned school competition calendar comes out

We have no conflicts with the above dates \_\_\_\_\_ Parent Signature



## Signatures of Participation – Please return on April 30th

*Please carefully read and sign this page and return at tryouts no later than 6:00 pm April 30TH*

1. I understand the decision of the coaches is final and not negotiable after tryouts
2. I understand that teams are chosen on a basis of grades, evaluations, and skill level
3. I understand that coaches are happy to discuss any athlete's strengths and weaknesses to help them improve, but that the coach must also consider what is best for the team as a whole.
4. I understand that cheer must become the 1st priority in terms of co-curricular activities including other optional school programs, work, and other performance teams
5. I understand that if our athlete is selected this year, the athlete will need to try out for a competition team every year and their position on the squad is NOT guaranteed – Skill improvement, attitude and grades all play a part in whether they get a position on the team
6. We understand and agree to the payment plan and will stay up to date with my own cheer account
7. I understand that my social media accounts are a reflection of me as a leader at WLHS
8. I understand and agree to the calendar given and realize changes can be made by coaches

I have read and agree to abide by the West Linn Cheer Squad Rules and Policies. I sign this understanding that I, as a parent, cannot change or alter these rules and I am allowing my athlete to try out for this team knowing that these are the rules and I agree to the terms of the program as it stands.

\_\_\_\_\_  
Signature & Date Athlète

\_\_\_\_\_  
Signature & Date Parent



## **Empire Athletics Private Team Training Policies / Billing**

Thank you for choosing Empire Athletics Sherwood for your Private Team Tumbling Classes. The following covers all enrollment and billing policies for private tumbling classes.

- All athletes attending classes must be registered for the class
  - Cost is \$55 per month for 1X a week
  - A Link for online registration will be provided
  - Trial classes are not permitted for private team classes
  
- All registrations will automatically re-enroll each month for the duration of the class
  
- If you choose to stop attending classes, you must unenroll prior to the end of the month
  - You may drop online, or
  - You may email [Dirk@empireathleticsgym.com](mailto:Dirk@empireathleticsgym.com) to drop
  
- All accounts must have a credit/debit card on file for automatic billing
  - All accounts will be billed at the 1<sup>st</sup> of each month
  - Cards will be charged between the 1<sup>st</sup> and 5<sup>th</sup> of each month
  
- Athletes with outstanding balances on the 15<sup>th</sup> of each month will not be permitted to participate until their accounts are current.
  - Outstanding accounts will be turned over to collections after 90 days
  
- Make up classes are not offered for private team classes
  
- Refunds or credits are not offered for missed private team classes

**West Linn High School  
Teacher Recommendation Form  
2024-2025**

**This is the Cheer application for** \_\_\_\_\_

**Teacher Name and Class:** \_\_\_\_\_

Thank you for taking the time to fill out this form. Your opinion is invaluable to us. You will be evaluating this student's character and leadership skills. Please rate the student to the best of your ability and **return this form to your student or to my mailbox. You can also email it to Shannon Maloney at [malones1@wlwv.k12.or.us](mailto:malones1@wlwv.k12.or.us)**

QUESTION	1	2	3	4	5
How would you rate this student's leadership ability- are they an active leader in your class? <i>(1 Not Observed to 5 Exceptional)</i>					
How would you rate this student's ability to manage or resolve conflicts? Are they respectful? <i>(1 Not Observed to 5 Excellent)</i>					
How would you rate this student's attendance and staying in class? Are they a role model? <i>(1 Not Observed to 5 Excellent)</i>					
How would you rate this student's School Spirit? <i>(1 not observed to 5 excellent)</i>					
Do you recommend this student for Cheer <i>(1 Not at All to 5 100% Yes)</i>					

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_