

**WLHS CHEER  
TRYOUTS 2021-22**



# **WEST LINN CHEER**

Dear future West Linn Cheerleader,

Welcome to Tryouts! We are very excited for the 2021-22 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 as to be able to attend all practices and required cheer activities. Your cheer commitment comes before other activities! Jobs, family obligations and social activities may often need to be rescheduled to provide for the responsibilities and obligations connected with this organization. Candidates should understand that only serious illness or injury and special family circumstances are legitimate reasons to miss a cheer activity. Oftentimes 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 go the extra mile, stay on top of your schedule and plan ahead! 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.

Due to COVID and the uncertainty of the upcoming season, 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. Some dates will be deleted and some added to the calendar depending on squad readiness, conflicting school performances, and athletic schedules. If, after reading the accompanying information and attending the meeting, you feel 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 Ride and GOOD LUCK TO YOU!

Thank you,

West Linn Cheer Coaches



## WLHS Cheerleading

## TRYOUTS 2021-22

### DATES & TIMES

- Tryout Clinics: June 1<sup>st</sup> and June 2<sup>nd</sup> @WLHS/Dance Room 6:00-8:00 pm
- Official Tryout: June 3<sup>rd</sup> 6:00-8:00 pm

### ATTENDANCE

- Attendance at all Tryout Practices and the Official Tryout is mandatory unless previously excused by a coach
- Absences will only be excused for prior, un-avoidable commitments and/or illness

### REQUIRED PAPERWORK

- Due June 1st: Tryout Application (Must Complete Google Form Online to tryout)

### TRYOUT CLINIC STRUCTURE

- Candidates will learn and practice the following material: 4 jumps, a cheer, a sideline and a dance
- Candidates will learn material in person at the clinics and a sideline virtually from University of Oregon Cheerleader, Hallie Esau

### OFFICIAL TRYOUT STRUCTURE

- Candidates will tryout in groups of two
  - Candidates can choose their partners on the second night of Tryout Practice. Those who do not choose a partner will be assigned one
  - Tryout groups will wear a black top and black bottoms of choice and tennis shoes. You can coordinate ribbon as a group

The following will be performed in each tryout:

- Tryout Cheer
- Tryout Sideline (learned via video by Oregon Cheerleader, Hallie Esau)
- Tryout 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

Continued -

- Standing Tumbling: Each candidate will perform one of the following options if able: Forward Roll, Handstand Forward Roll, Back Walk Over, 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, Front Hurdler, and a Double Jump of their choice
- This is a closed tryout. Parents, friends and other candidates may not watch
- The tryout timeslots will be posted for athletes to sign up in groups of two on June 2<sup>nd</sup>
- Please give yourself plenty of time to stretch and warm-up before your official tryout
- Once you have completed your official tryout, please stay around for callbacks until you are released by coaches

### **WHAT TO WEAR**

Candidates are to dress in athletic attire, black t-shirt and black shorts.

- 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

### **RESULTS**

Results will be posted on Monday night, via our website: [westlinncheerleading.com](http://westlinncheerleading.com)

### **WEST LINN 2021-2022 JV AND VARSITY GAMEDAY TEAM TRY-OUTS**

#### **TEAM 1: JV GAMEDAY COMPETITION TEAM AND SIDELINE CHEER (Tryouts June 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>)**

- Eligible Grades: 9th – 11th Grade Requirements: Strong potential in Cheer, Dance, Jumps, Tumbling and Stunting
- August-October (Fall season only)
- Time Commitment: Practices: 2 times per week for 1-2 hours
- OPTIONAL (1 hour) Team Tumbling class
- Thursday Football Games
- Friday away Varsity Football games (once drill downs are passed)
- JV GAMEDAY COMPETITIONS AND CHEER CHAMPIONSHIPS (September – October)
- JV TEAM MEMBERS ARE AUTOMATICALLY ON JV GAMEDAY COMPETITION TEAM

#### **TEAM 2: VARSITY GAMEDAY COMPETITION TEAM AND SIDELINE CHEER (Tryouts June 1, 2 and 3<sup>rd</sup>)**

- Eligible Grades: 9th – 11th Grade Requirements: Intermediate skills in Cheer, Dance, Jumps, Tumbling and Stunting
- August-March

- All August Varsity cheer commitments
- In-season time commitment: practices: 2 times per week for 1-2 hours
- OPTIONAL (1 hour) Team Tumbling class
- Friday home and away Football Games (once drill downs are passed)
- Basketball games (Tuesday nights)
- VARSITY GAMEDAY COMPETITIONS AND OCCA CHEER CHAMPIONSHIPS (September – February)
- Nationals Game Day opportunity in February contingent on team vote
- VARSITY TEAM MEMBERS ARE AUTOMATICALLY ON VARSITY GAMEDAY COMPETITION TEAM

**TEAM 3: VARSITY COMPETITION TEAM: Eligible Grades: 9th – 12th Grade**

**NEW THIS YEAR:** Minimum Requirements: Standing Back Handspring is needed by Tryouts the week of August 16<sup>th</sup>, Advanced ability in Cheer, Dance, Jumps and Stunting

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

**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 2021-22 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	7:30PM	JUNE 8th
PARENT MEETING	ALL	7:30 PM	JUNE 8th
PRE-CAMP STUNT	ALL	AUGUST	AUG 2 <sup>ND</sup> , 3 <sup>RD</sup>
GWL TEAM CAMP	VARSITY	AUGUST	AUG 4 <sup>TH</sup> -7 <sup>TH</sup>
JV TEAM CAMP	JV	AUGUST	WEEK OF 8/9
DAILY DOUBLES	ALL	AUGUST	WEEK OF 8/16
WEIGHT TRAINING	ALL	2X A WEEK	WEEK OF 8/16
COMPETITION TEAM TRYOUT	ALL	AUGUST	WEEK OF 8/16
AUG STUNT CLINIC	TBD	AUGUST	AUG 16/17TH
DAILY DOUBLES	ALL	AUGUST	WEEK OF 8/23
WEIGHT TRAINING	ALL	2X A WEEK	WEEK OF 8/23
COMP TUMBLING	COMP	2X PER WEEK	AUGUST-FEB
VARSITY OPTIONAL TUMBLING	VAR	1X PER WEEK	AUGUST-FEB
JV OPTIONAL TUMBLING	JV	1X PER WEEK	AUGUST-OCT
CHOREOGRAPHY GAMEDAY	VARSITY	AUGUST	TBD
CHOREOGRAPHY GAMEDAY	JV	AUGUST	TBD
CHOREOGRAPHY	COMP	SEPTEMBER	9 <sup>TH</sup> , 16 <sup>TH</sup> , 23 <sup>RD</sup>

#### 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 Poster, 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. Basket Fundraiser, Poster Sponsor Fundraiser, Holiday Wreath Fundraiser

**APPAREL AND ACCESORY 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 GAME DAY UNIFORM:** NEW Uniform (long sleeve, cheer top, bra, cheer skirt, Nike Pros\*)
- **VARSITY COMP UNIFORM:** Uniform from last year (long sleeve top, bra, cheer skirt)
- **JV GAMEDAY UNIFORM:** NEW Uniform (long sleeve top, cheer top, bra, cheer skirt, Nike pros\*)
- **TEAM CAMP & PRACTICE APPAREL:** 2 practice tops, Team Jersey, black shorts
- **UNIFORM ACCESSORIES:** These items could include: Poms, Rain Jacket, \*long black Nike athletic pants, Team Backpack, game/comp bows and shoes

\*Long black Nike athletic pants and Nike Pros can be bought independently or through our BSN vendor at cost

**VARSITY FEES**

<u>DUE DATE</u>	<u>DESCRIPTION</u>	<u>FEE</u>	<u>TYPE</u>
JUNE 8 <sup>TH</sup>	VAR DEPOSIT CAMP FEES	\$200.00	CHECK
	VAR TEAM FEE*	\$200	CHECK
JUNE 15 <sup>TH</sup>	UNIFORM PAYMENT DUE		ONLINE
	Varsity Game uniform	\$347.59	ONLINE
	Uniform Accessories	\$328.00	ONLINE
	Practice/Camp Apparel	\$214	ONLINE
AUGUST 4 <sup>th</sup> -7 <sup>th</sup>	VAR CAMP FEE BALANCE	\$237	CHECK
AUGUST – FEB	Team Tumbling/ 2X week Comp	MONTHLY	ONLINE
AUGUST – FEB	Team Tumbling /1X week GD optional	MONTHLY	ONLINE

**JV FEES**

<u>DUE DATE</u>	<u>DESCRIPTION</u>	<u>FEE</u>	<u>TYPE</u>
JUNE 8 <sup>TH</sup>	JV DEPOSIT CAMP FEES	\$50.00	CHECK
	JV TEAM FEE*	\$200	CHECK
JUNE 15 <sup>TH</sup>	UNIFORM PAYMENT DUE		ONLINE
	JV Game uniform	\$347.59	ONLINE
	Uniform accessories	\$328.00	ONLINE
	Practice/Camp Apparel	\$214	ONLINE
WEEK OF AUG 16 <sup>TH</sup>	JV SUMMER CAMP BALANCE	\$50.00	CHECK
AUGUST - OCT	Team Tumbling /1X week optional	MONTHLY	ONLINE

\*Team fees cover choreography, signs, music, halftime routines and other team expenses

# CONFLICT FORM

CHEER 2021-22

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 **before we create teams so that we can plan practices accordingly**. Our attendance policy has been created in order 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.

- NEW THIS 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 16<sup>th</sup> and last until school begins. Depending on field availability, Practices can be held twice a day, 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 as we will be announcing Varsity and JV teams at this time, stunt groups and competition positions for the season. **No exceptions.**
- Competition/Choreography Routine is mandatory to attend if you wish to compete. Please see dates listed above.

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2021-22 Cheer Competitions (Dates are TBA. We plan to compete most weekends January - February)

- Game Day Championships \_\_\_\_\_
- Regionals Competition \_\_\_\_\_
- Laker Rumble \_\_\_\_\_
- Pacer Invitational \_\_\_\_\_
- West Linn Cheer Competition \_\_\_\_\_
- Cavalier Cheer Invitational \_\_\_\_\_
- OE Classic (Salem) \_\_\_\_\_
- UCA National High School Cheerleading Championship FEB 11<sup>th</sup>-13<sup>th</sup> \_\_\_\_\_
- OSAA State Competition \_\_\_\_\_
- USA National High School Cheerleading Competition FEB 25<sup>th</sup>-27<sup>th</sup> \_\_\_\_\_

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**Varsity Nationals trip and fees to be announced and voted on by team and parents**



## Signatures of Participation

*Please carefully read and sign this page and return at tryouts no later than 6:00 pm on Monday, JUNE 2nd 2021*

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 in order 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 teams
5. I understand that if our athlete is selected this year, the athlete will need to tryout for a competition team every year and their position on the squad is NOT guaranteed – Skill improvement, attitude, 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 and agree to the social media guidelines
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

\_\_\_\_\_  
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 un-enroll 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