

**WLHS CHEER  
TRYOUTS 2022-23**



# **WEST LINN CHEER**

Welcome to Tryouts! We are very excited for the 2022-23 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! 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. 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, 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 2022-23

### DATES & TIMES

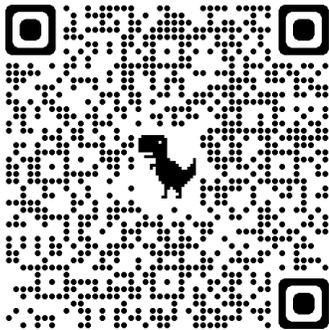
- Placement Practices: April 26<sup>th</sup>, 27<sup>th</sup> @WLHS/Aux gym 6:00-8:00 pm
- Placement Performance: April 28<sup>th</sup> 6:00-8:00 pm

### ATTENDANCE

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

### REQUIRED PAPERWORK

- Please access, print out the forms and read our 2022-23 Tryout Packet
- The packet can also be found on our website at: [westlinncheerleading.com](http://westlinncheerleading.com)



- Please sign and bring these forms (found in the Tryout Packet) with you at your performance practice on APRIL 26TH:
  - **West Linn Cheer Conflict Form**
  - **Signature of Participation**

## CLINIC STRUCTURE

- Placement Practice April 26<sup>th</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: 4 jumps, a cheer, two sidelines and a dance.
  - 8<sup>th</sup> Grade athletes will be split into their own age group and practice the same material
- Candidates will rotate in groups and learn material from Hallie Esau/Current University of Oregon member and Natalie Bruun/former OSU Cheerleader, Rosebuds Dance team member and former George Fox Cheer and Dance coach
- Placement Practice April 27<sup>th</sup> - we will remain in our small groups to practice material and will sign up for Placement Performance groups. There will be a sign-up sheet available for groups of two. 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.
- April 28<sup>th</sup> – Placement Performance. Athletes will perform for coaches in groups of two

## OFFICIAL CLINIC STRUCTURE

- Candidates will tryout in groups of two
  - Candidates can choose their partners on the second night of Placement Practice. Those who cannot choose a partner will be assigned one
  - Performance groups will wear a black top and black bottoms of choice and tennis shoes. You can coordinate ribbon as a group if you would like

The following will be performed at the Placement Performance on the 28th :

- Cheer
- Sidelines
- 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 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 timeslots will be posted for athletes to sign up in groups of two. 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
- Once you have completed your Placement Performance, you are free to leave

## **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

## **Team Placement**

2022-23 Sideline and Competition Teams will be posted on Thursday night, via our website: [westlinncheerleading.com](http://westlinncheerleading.com).

## **WEST LINN 2022-23 VARSITY**

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

Minimum Requirements: Standing Back Handspring is needed by Placement Performance on April 28<sup>th</sup>. Advanced ability in Cheer, Dance, Jumps and Stunting. If you are close to a back handspring but cannot show the skill on the 28th, you may be put on the team as an alternate.

- In season time Commitment: August-March
  - 3 times per week for 1-3 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 (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 FALL OR WINTER SIDELINE TEAM: Eligible Grades: 9th – 12th Grade**

- This is a no-cut opportunity. You do not need to have cheer or tumbling skills
- In season time Commitment: (Fall) August-December (Winter) November - March
  - 2-3 times per week for 1-2 hours each (This includes 1 day of tumbling practice at Empire Athletics through November)
  - All August Varsity cheer commitments
- Friday home and away Football Games (once drill downs are passed)
- Basketball games

## 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 2022-23 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 9 <sup>TH</sup> 6PM
PARENT MEETING	ALL	MAY	MAY 9 <sup>TH</sup> 6PM
STUNT CLINIC	ALL	JUNE	JUNE 7 <sup>TH</sup>
STUNT CLINIC	COMP	JUNE	JUNE 11 <sup>TH</sup> , 12 <sup>TH</sup>
GWL STUNT CAMP	COMP ONLY	JULY	JULY 7 <sup>TH</sup> -10 <sup>TH</sup>
PRACTICES BEGIN	ALL TEAM	AUG	WEEK OF AUG 1 <sup>ST</sup>
PROACTION CAMP	SIDELINE TEAM/CAPTAINS	AUG	AUG 6 <sup>TH</sup> & 7 <sup>TH</sup>
DAILY DOUBLES	ALL	2X A WEEK	8/15 AND 8/23
WEIGHT TRAINING	ALL	2X A WEEK	WEEK OF 8/15
AUG STUNT CLINIC	COMP	AUGUST	AUG 27 <sup>TH</sup> 28 <sup>TH</sup>
TUMBLING	COMP	2X PER WEEK	AUGUST-FEB
	SIDELINE	1X PER WEEK	AUGUST-FEB
COMP STUNT CLINIC	COMP	AUGUST	27 <sup>TH</sup> AND 28 <sup>TH</sup>
CHOREOGRAPHY	COMP	OCTOBER	3 <sup>RD</sup> , 10 <sup>TH</sup> , 17 <sup>TH</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. Poster Sponsor Fundraiser, Holiday Wreath and See's Candies Fundraisers

## 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 Uniform:** WHITE Uniform (long sleeve, cheer top, bra, cheer skirt, Nike Pros\*)
- **Uniform Accessories:** These items could include Poms, Rain Jacket, \*long black Nike athletic pants, Team Backpack, game/comp bows and shoes
- **Team Camp & Practice Apparel:** 2 practice tops, Team Jersey, black Nike Pros\*

\*Long, solid black Nike athletic pants and Nike Pros are the responsibility of the cheerleader to purchase and are not a part of our package

## VARSITY FEES

DUE DATE	DESCRIPTION	FEE	TYPE
MAY 9TH	GWL CAMP FEES	\$469.00	CHECK
MAY 9TH	UNIFORM PAYMENT DUE	SEE BREAKDOWN	
	Varsity Game uniform	\$347.59	ONLINE
	Uniform Accessories	\$328.00	ONLINE
	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

\*Team fees are covered through fundraising. They cover choreography, signs, music, halftime routines and other team expenses

# CONFLICT FORM

CHEER 2022-23

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 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 15<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. **No exceptions.**
- Competition/Choreography is mandatory to attend if you wish to compete. Please see dates listed above.

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2022-23 Cheer Competitions We plan to compete most weekends January – February

- OCT 8th/Game Day Championships \_\_\_\_\_
- JAN 7TH/LAKER Rumble \_\_\_\_\_
- JAN 14/Pacer Invitational \_\_\_\_\_
- JAN 28TH/West Linn Cheer Competition \_\_\_\_\_
- FEB 4TH/TUALATIN LAST CHANCE \_\_\_\_\_
- FEB 11TH /OSAA State Competition \_\_\_\_\_
- FEB 23 – 27<sup>TH</sup> /USA National High School Cheerleading Competition \_\_\_\_\_

**Dates are subject to change. 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 April 26th*

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 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, 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



## **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