

Jesuit Cheerleading

2018 – 2019

Informational Packet

www.RangersCheerleading.com

Coaching Staff:

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A Word from the Coaching Staff

2018 – 2019

Dear Cheerleaders and Parents,

Thank you for your interest in the Jesuit College Preparatory Cheerleading Program! The Coaching Staff is very excited for this coming year. We are *extremely* passionate about making Jesuit Cheerleaders the best people that they can possibly be, and we are fortunate enough to have the opportunity to do that through cheerleading.

Our goal as coaches is to cultivate a fun, spiritually and physically balanced, yet disciplined environment to participate in. The purpose of our program is to promote spirit among students, support Jesuit and Ursuline sports programs, and advance our own athletic skills, while maintaining academic excellence.

Please review the following information carefully. Being a cheerleader at Jesuit College Preparatory is a **BIG** commitment, but also **VERY** rewarding. This packet will help you make an informed decision in regards to trying out for the Cheerleading Program.

What to expect as a Jesuit cheerleader:

Cheering at Thursday (JV) or Friday (Varsity) football games
Ranger day
Unity cheering at the Homecoming game
UA performances
Spreading good cheer
Team bonding activities – sisterhood events
(big little events, Jesuit and UA sporting events)
Team social events
Cheering at the basketball games (JV and Varsity)
Community Service events

The duties of a Jesuit Cheerleader include (but are not limited to):

- Attending all tryout clinics and tryout day in its entirety. **April 9-13th**
- Practicing two days per week during summer- see dates page
- Attending pre-camp practices – see dates page
- Attending NCA camp in its entirety **August 1-4th**
- Performing at all Jesuit football and home basketball games in the regular season.
- Performing at all playoff games as specified by the Coaching Staff.
- Performing at other Jesuit events throughout the season as specified by the Coaching Staff.
- Performing during or before halftimes during football and basketball season.
- Performing during Ranger Day.
- Attending all fundraising, social, and community events as specified by the Coaching Staff.

Parents we need you too:

- Volunteering for at least one Parent Committee (*one parent per household*), as well as being actively involved in the planning and execution of the committee events is highly recommended, it takes a village! This will be discussed in detail at the first team parent meeting
- Supporting their cheerleader(s) and reinforcing positive behavior, as well as encouraging dedication to their team, teammates, and the Jesuit Cheer program.
- Managing/reinforcing punctuality to all cheer practices, games, and other events.
- Providing a case of water and Gatorade for football games.
- Crowd involvement during games and performances – yell with your cheerleaders!
- Supporting the decisions of the Coaching Staff, as well as understanding that any and all decisions made are in the best interest of the team, not an individual cheerleader.

Important dates to know:

Event	Date	Time(s)
<i>Stunt Practices</i>	Every M/W from April 23 rd – May 9 th , 2018	<u>Varsity</u> 4:30pm – 5:30pm <u>J.V.</u> 5:30pm – 6:30pm All squad 4:30-6:30
<i>Summer Practices</i>	Every M/W starting Monday, May 30 th – June 20 th Team pictures will be scheduled during June- pending uniform arrival	Monday and Wednesday: 7-8:30am All Squad
<i>July Practices</i>	July 30 th and 31 st	9am-3pm
<i>Football Season Practices</i>	Every M/W starting August 8 th <i>Mondays: Squad practice</i> <i>Wednesday: Unity practice</i> Exception: weeks leading up to Ranger Day: Unity practices MTWTH	<u>Monday:</u> Varsity: 4:30-5:30 JV: 5:30-6:30 <u>Wednesday:</u> Unity 4:30-6:30
<i>Basketball Season Practices</i>	First practice will be Wednesday, Jan 2nd Expectation: unity practices for Senior night	M/W: squad practices Varsity: 4:30-5:30 JV: 5:30-6:30
Camp:	Practice: July 30th and 31st	Camp is August 1-4th

It is at the discretion of the Coaching Staff to make changes to the practice schedule

Absence Information **2018 – 2019**

Summer Absences: Cheerleading is a team sport so in order to execute routines, we need the whole team to be at each practice, especially before camp. **Please schedule all family vacations, volunteer opportunities, mission trips, etc. during the month of July.**

Please inform the coaches by April 1st if there is a conflict with the summer practices for approval.

Summer absences: Athletes are allowed 1 summer absence with coach approval.

Unexcused absences will result in a cheerleader being benched from a game and possibly removal from a routine. Consequences may vary and are at the discretion of the head coach.

Regular Season Absences: In accordance with the Ursuline Academy absence policy, Cheerleaders will not be allowed to miss more than a total of 5 events, including practices, games, clinics, community events, and fundraisers throughout the season.

Attendance at all games is mandatory, and absences due to family functions, or any non-emergency/illness related activities will NOT be considered an excused absence. College visit, with proper notification and documentation can be excused. The coaches must be notified 2 weeks in advance for any absences or they will not be excused.

If a cheerleader is absent from a game for an unexcused reason, he/she will be benched until halftime of the following game.

Attendance and active participation by all members of each squad is critical to the overall success of the program.

School and Team Representation

All Jesuit cheerleaders are expected to act with good moral character in accordance with the guidelines and standards of both Jesuit and Ursuline. Please see the Jesuit and Ursuline handbooks.

<https://www.jesuitcp.org/file/onboarding-files/Employee-Handbook-2017-2018.pdf>

<http://www.ursulinedallas.org/the-ursuline-experience/student-handbook>

Communication:

- All communication must be done via email
 - If the cheerleader composes the email: they must include 1 parent and all coaches. See first page for email address.

Uniform prices: (estimated prices)

- | | | |
|----------------------------|--------------------|-----------------|
| • Returning Varsity: \$400 | New Varsity: \$700 | Camp fee: \$400 |
| • Returning JV: \$400 | New JV: \$ 1,100 | Camp wear: tbd |

Tryout Information

2018 – 2019

TRYOUT DAY ONLY WILL BE OPEN TO THE PUBLIC.

There will be two squads for the 2018 – 2019 season. Freshmen and Sophomores will be trying out for positions on the Junior Varsity team; Juniors and Seniors will be trying out for positions on the Varsity team. Males will be trying out for positions on the Varsity team ONLY.

Tryout Clinic Week:	Monday-Thursday, April 9-12
Time	<i>An email will be sent</i>
Tryout Day:	Friday, April 13th
Time	<i>An email will be sent</i>

Please see the www.rangerscheerleading.com for announcements about tryouts.

- All candidates must be able to attend Tryout Clinic Week and Tryout Day in its entirety; a video tryout may be submitted with special consideration and approval by the Head Coach.
- All candidates will be given a tryout number to ensure the privacy of their names and scores during the tryout process.
- During the four days of the tryout clinic, the Coaching Staff will work on stunting techniques with the candidates to determine what position(s) each candidate is best suited for (*i.e. flyer, base, or back spot*). The candidates must be fully aware that even though they may want to be a certain position in a stunt group, the Coaching Staff has the final decision based on what the needs of the team are. There will be no stunting on the final day of tryouts.
- On the day of tryouts, the candidates will perform the cheer and dance they learned throughout the tryout week, in pairs. Individually, they will perform 2 jumps, their most advanced standing tumbling, and tumbling pass.
- Jumps: must be whipped and 1 must be a toe touch.
- Please note that there will be limited spotting available during Tryout Clinic Week. If you do not feel comfortable throwing standing tumbling or tumbling pass without a spotter, please DO NOT feel the need to throw it. All candidates who make Jesuit Cheer will be required throughout the year to perform the tumbling they were evaluated on during tryouts.
- Seniors: tryout week is a great opportunity for the coaching staff to see your leadership skills. The scores from tryouts will be a factor in the captain selection process.

All candidates are required to try out with someone from the same squad-level, and are strongly encouraged to try out with someone equal to their own cheerleading ability.

Paperwork:

All candidates must turn in their pre-tryout paperwork **ONLINE** via the Jesuit Cheer website *prior to the start* of tryout week. Pre-tryout paperwork includes the following:

- Tryout Application – includes a questionnaire and permission slip
- UIL Forms (*on Jesuit website; turned into Jesuit front desk*)
 - http://jesuitrangers.org/sports/2014/12/17/GEN_1217141226.aspx
 - Athletes do **not** need to complete: “previous athletic participation form”
- UA Paperwork (*females only; turned into UA Athletic Department*)
 - Magnus: Contact Jamie Martin with any and all Magnus questions.
 - Jmartin@ursulinedallas.org
 - Monday, March 26: Magnus forms due for students trying out for Jesuit Cheer
 - Friday, March 30: Magnus forms are due for all incoming freshmen and transfer students trying out for Jesuit Cheer
 - Monday, April 2: Magnus forms due for all new and returning students trying out for Cistercian Cheer and/or Jesuit Rangerettes
 - Friday, June, 1: All other sports (including fall, winter, and spring seasons for 2018-19) due

Bring with you to the first day of Tryout Clinic:

- Proof of Commitment to Jesuit/UA (*new students only; turned into Coaches*)

Tryout attire:

- Throughout the week of the tryout clinic, candidates will need to wear appropriate cheer attire – no oversized shirts, strappy tanks, or shorts with buttons will be permitted; candidates trying out for the position of flyer **MUST WEAR BRIEFS** under their shorts. Other candidates must wear briefs if the shorts do not have a lining.
- Hair must be pulled back in a high, clean ponytail. No jewelry or excessive make-up will be allowed; a “fun” bow is encouraged. Points will be deducted from the cheerleader’s score sheet if the appropriate attire is not worn or if jewelry is worn.
- All candidates are required to wear navy-colored shorts, a plain white t-shirt, white no-show socks, and cheer/tennis shoes on the **FINAL DAY** of tryouts.

Scoring Information:

2018 – 2019

Tryout Clinic Week	50points
Tryout Day	100 points
<i>Maximum Points Possible</i>	<i>150 points</i>

All candidates will be evaluated on the following during the ENTIRE WEEK of tryouts:

<u>Criteria:</u>	<u>Points:</u>
Participation	5 points
Punctuality <i>This includes turning your online and in-person paperwork in on time!</i>	10points
Demeanor/Attitude	10 points
Stunting Techniques	25 points

Flyers

<u>Category:</u>	<u>Criteria:</u>	<u>Points:</u>	
Technique	Body control, locked arms and legs, timing	5 points	
Coach ability	Do you listen to the coaches' critiques and implement the proper changes?	5 points	
Safety	Falling without flailing, arms and elbows tucked in, falling toward your backspot	5 points	
Skill Level	Skills must be completed in succession; for example, a flyer may <u>NOT</u> execute an extension, full-down until a prep, full-down has been approved by a member of the Coaching Staff. At the end of the tryout clinic week, the point value associated with the flyer's most advanced skill level will be noted on the athlete's overall score sheet.	Skill:	
		Points:	
		Prep, Cradle	1 point
		Prep, Full-Down	2 points
		Extension, Cradle	3 points
		Extension, Full-Down	4 points
		Arabesque, Cradle	5 points
		Heel Stretch, Cradle	6 points
		Scale, Cradle	7 points
		Arabesque, Full-Down	8 points
Heel Stretch Full-Down	9 points		
Scale, Full-Down	10 points		

Bases/Backspots

<u>Category:</u>	<u>Criteria:</u>	<u>Points:</u>	
Technique	Using legs instead of arms/back, locked arms and legs, timing, sharing center, no space in-between you and base/backspot	5 points	
Coach ability	Do you listen to the coaches' critiques and implement the proper changes?	5 points	
Safety	Are you catching your flyer? Are you falling on the ground?	5 points	
Skill Level	Skills must be completed in succession; for example, a group may <u>NOT</u> execute an extension full-down until a prep full-down has been approved by a member of the Coaching Staff. At the end of the tryout clinic week, the point value associated with the base or backspot's most advanced skill level will be noted on the athlete's overall score sheet.	<u>Skill:</u> <u>Points:</u>	
		Prep, Cradle	1 point
		Prep, Full-Down	2 points
		Extension, Cradle	3 points
		Extension, Full-Down	4 points
		Arabesque, Cradle	5 points
		Heel Stretch, Cradle	6 points
		Scale, Cradle	7 points
		Arabesque, Full-Down	8 points
		Heel Stretch Full-Down	9 points
		Scale, Full-Down	10 points

All candidates will be judged on the following criteria the FINAL DAY of tryouts:

<u>Criteria:</u>	<u>Points:</u>
Showmanship/overall impression	5 points
Spiriting	5 points
Jumps	15 points
Tumbling	20 points
Dance Ability	25 points
Cheer Ability	30 points

The judges' scores will be used as a guideline only. The Coaching Staff has the final decision. Score will not be released for any reason.

<u>TUMBLING</u>					Total Points (20 Points)						
	Standing 10 points		Running: 10 points								
	Technique:	Skill: BHS: 2 Series: 4 Tuck: 6	Technique:	Skill: BHS: 2 Series: 3 1+ tuck: 4 1 +Layout: 5 1 + full: 6							
Technique and skill	1 2 3 4	2 4 6	1 2 3 4	2 3 4 5 6							
<u>SPIRITING</u>					Total Points (5 Points)						
Projection, motions, natural	1 2 3 4 5										
<u>JUMPS</u>					Total Points (15 Points)						
Height and flexibility	1 2 3 4 5										
Technique of arms & legs	1 2 3 4 5										
Execution	1 2 3 4 5										
<u>CHEER</u>					Total points (30 Points)						
Motion Placement	1	2	3	4	5	6	7	8	9	10	
Voice Projection	1	2	3	4	5	6	7	8	9	10	
Memorization	1 2 3 4 5										
Jump in cheer	1 2 3 4 5										
<u>DANCE</u>					Total Points (25 Points)						
Motion Placement	1	2	3	4	5	6	7	8	9	10	
Rhythm / Execution	1	2	3	4	5	6	7	8	9	10	
Memorization	1 2 3 4 5										
<u>SHOWMANSHIP</u>					Total Points (5 Points)						
Facials / Eye Contact	1 2 3 4 5										

Total points: