



Jesuit Cheerleading

2019 – 2020

www.RangersCheerleading.com

Coaching Staff:

Laura Gambrel: Program Head Coach

lgambrel@jesuitcp.org

Megan Gray

Scott Gambrel

What to expect as a Jesuit cheerleader:

Attending all tryout clinics and the tryout day in its entirety. **April 8-11th**

Practicing two days per week during summer- see dates page

Attending pre-camp practices – see dates page

Attending NCA camp in its entirety **August 4-7th**

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 and Ursuline 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 staff.

Parents we need you too:

Parent involvement is highly encourage. Duties and responsibilities are listed in the handbook.



Important dates to know:

Event	Date	Time(s)
<i>Spring Practices</i>	Every M/W from April 24 rd – May 29 th , 2018 Exception: UA finals week	<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, June 3 rd – June 19 th Team pictures will be scheduled pending uniform arrival	Monday and Wednesday: 7-8:30am All Squad
<i>Camp Practices</i>	July 31 st -Aug 2 nd	9am-2pm
<i>Football Season Practices</i>	Every M/W starting August 12 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 6 th	M/W: squad practices Varsity: 4:30-5:30 JV: 5:30-6:30

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

Absence Information

Summer Absences: Cheerleading is a team sport. 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 May 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 consequence, which 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.



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 and groupme
 - If the cheerleader composes the email: they must include 1 parent and all coaches. See first page for email address.
 - Group me: include both coaches

Uniform prices: (estimated prices)

- Returning Varsity: \$400 New Varsity: \$700 Camp fee: \$450
- Returning JV: \$400 New JV: \$ 1,100 Camp wear: tbd

Paperwork:

Pre-tryout paperwork includes the following and is must be completed prior to clinic by **March 25th**

- Tryout Application: includes a questionnaire and permission slip- closes **March 25th**
- **UIL Forms** (*on Jesuit website; turned into Jesuit front desk*) – place in a manila envelope with your child’s name on it and Att. Cheer- Due by **March 25th**
 - http://jesuitrangers.org/sports/2014/12/17/GEN_1217141226.aspx
 - **Only complete the following:** physical, medical history, cardiac arrest, and rules/acknowledgment.
- UA Paperwork (*females only; turned into UA Athletic Department*) – Due **March 25th**
 - Magnus: Contact Amanda McVicker with any and all Magnus questions: AMcVicker@ursulinedallas.org
 - <https://www.ursulinedallas.org/the-ursuline-experience/athletics/athletics-forms>
- **Bring with you the first day of the tryout clinic:** Proof of Commitment to Jesuit/UA (*new students only; turned into Coaches*)

Tryout Information

2019 – 2020

*The tryout clinic and tryouts are **closed** to the public*

There will be two squads for the 2019 – 2020 season. JV will consist of freshman and sophomores; Varsity will consist of Juniors and Seniors. Males will be trying out for positions on the Varsity team ONLY.



Tryout Clinic Week:	Monday-Wednesday, April 8-10
Time	<i>An email will be sent</i>
Tryout Day:	Thursday, April 12th
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 three 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*).
- On the day of tryouts, the candidates will perform the cheer, dance they learned throughout the tryout week, in pairs. Individually, they will perform 2 whipped jumps, their most advanced standing tumbling, and running tumbling pass.
- Jumps: must be whipped and 1 must be a toe touch.
- 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.
- **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.*
- **Clinic Attire:** No oversized shirts, strappy tanks, or shorts with buttons. 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.
- All candidates are required to wear navy-colored shorts, a plain white t-shirt or tank, white no-show socks, and cheer/tennis shoes on the FINAL DAY of tryouts.

Scoring Information:

Tryout Clinic Week	60 points
Tryout Day	90 points
<i>Maximum Points Possible</i>	150 points

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



Participation:	5 points
Punctuality: <i>This includes turning in your online and in-person paperwork on time and punctuality to the clinic week.</i>	5 points
Demeanor/Attitude	10 points
1-3-1 chant: Performed in groups	15 points
Stunting Techniques see website for breakdown of scores	25 points

Scores will not be released for any reason

<u>Tumbling:</u>		20 points
	Standing (10 points)	Running (10 points)
	Technique: 1 2 3 4	Technique: 1 2 3 4
	Skill: BHS: 1 Series: 2 Tuck: 4 1 + tuck: 6	Skill: BHS: 1 Series: 2 1 + tuck: 3 1 + layout: 4 1 + full: 5 Specialty: 6
<u>Spiriting:</u>	Throughout tryout	5 points
Projection, motions, natural	1 2 3 4 5	
<u>Jumps:</u>	2 whipped (1 must be toe touch)	15 points
Height and flexibility	1 2 3 4 5	
Technique of arms and legs. Level and position	1 2 3 4 5	
Execution	1 2 3 4 5	
<u>Cheer:</u>		20 points
Motion placement	1 2 3 4 5	
Voice projection	1 2 3 4 5	
Memorization	1 2 3 4 5	
Jump in cheer	1 2 3 4 5	
<u>Dance:</u>		20 points
Motion placement	1 2 3 4 5	
Memorization	1 2 3 4 5	
Rhythm/execution/facials	1 2 3 4 5 6 7 8 9 10	
<u>Showmanship:</u>		10 points
Facials/eye contact	1 2 3 4 5	
Overall impression	1 2 3 4 5	