

2009-2010 Butler High School Cheerleading Tryout Packet

Thank you for your interest in trying out for cheerleading. Please read and understand all the enclosed information before tryouts.

Cheerleading Tryout Dates

- Try-outs will be August 3-5 from 8-11 AM in the Butler gymnasium.

Eligibility Requirements

- 2.0 Grade Point Average
- 85% attendance
- Two (2) proofs of residency
- Statement of Domicile
- Current Physical Form
- Valid Medical Insurance

The following must be turned in when you arrive for tryouts (in this order):

- The physical form approved by CMS. It must be signed by the athlete and parent/ guardian (*Note: These physical forms are good for one year. Forms are available on the Butler Website. "Student Athlete Pre-Participation Form".*)
- Information Sheet (*Included in this packet*)
- Statement of Permission and Agreement (*Included in this packet*)
- A copy of your insurance card; please do not send the original.
- Two proofs of residency. This can include a gas bill no more than 30 days old, an electricity bill no more than 30 days old, a water bill no more than 30 days old, a lease agreement, mortgage contract, deed, or a pay stub with correct address. Please mark out account numbers and dollar amounts. All we are concerned with is the address.

Cheerleader selection will be based on the following:

- A cheer, chant, and dance that will be taught to you during the first two days of tryouts
- Jumps (A toe touch is required, but a double toe touch, a herkie, and a pike are also suggested.)
- School spirit and pride
- Athleticism and physical fitness (see below)
- Scholastic achievement and eligibility
- Conduct
- Overall Spirit – which includes an effort to sell ads for the football program as the cheerleading fundraiser (see try-out score sheet below) but also includes commitment, attitude, initiative, teamwork, work ethic, enthusiasm, and coachability (observed during try-out sessions)
- Tumbling is optional.

What do you wear to tryouts?

- Please wear comfortable shorts and a t-shirt or tank top. Dress as if you would dress for cheerleading practice. No denim shorts or jewelry please. Your hair should also be off your shoulders.

Athleticism/Summer Conditioning: (see score sheet for details)

On Day 2 of try-outs, you will be required to run one mile; in order to prepare for this, please follow these guidelines. These guidelines are the **minimum** requirements.

- Run 1 mile at least three times per week.
- 20 consecutive push-ups at least twice per week.
- 20 consecutive sit-ups at least twice per week.

Please read all of the information below in order to understand what is expected of a Butler cheerleader starting the day you make the team.

What happens if I make the team?

- A list will be posted on Wednesday afternoon/evening on the doors leading to the gym.
- If you make the team, you will be expected to attend practices August 6-7, 10-15, and 17-19. Times to be announced.
- All cheerleaders will attend a UCA cheer camp on August 13, 14, 15.

Practices and Games

All cheerleaders are required to complete both football and basketball seasons. Football begins in August and ends in November. Basketball begins in November and ends in March. Please be aware of these dates; if you cannot commit to both seasons, please do not try-out.

Varsity Football season:

Practices are held on Thursdays during football season, and all football games are on Fridays.

Varsity Basketball season:

No practices, but games are on Tuesdays and Fridays.

JV Football season:

Practices are held on Tuesdays during football season, and all games are on Thursdays.

JV Basketball season:

No practices, but games are on Tuesdays and Fridays.

Attendance Requirements

- **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD!** If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please call Butler High School at (980) 343-6300 to notify the coach of any excused absences. If the coach is unavailable, please leave a message.
- As stated in the Guidelines for Butler Athletes, students must be present half the school day (full 2 class periods) to be eligible for practices and games scheduled for that day.
- If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS. In addition, the athlete will be benched for ISD and dismissed from the squad for OSS.

Grades

- A minimum of 2.0 GPA each quarter must be maintained throughout the cheering season.

Tutoring

- Cheerleaders are encouraged to attend tutoring on all off days.
- If the cheerleader must attend tutoring on a practice day, the cheerleader must inform the coach, bring a note to practice from the teacher, and must arrive at practice no later than 3:15.

Uniforms

- Uniforms are issued by the school and are property of the BHS Athletic Department. If for at any reason a cheerleader quits or is dismissed, he/she is expected to return all uniforms/equipment within five days of the termination.
- Washing instructions will be provided when uniforms are distributed. At the end of basketball season, uniforms are to be turned in dry-cleaned.
- Uniforms can be altered at your expense and can only be altered at Matthews Alterations located at 2217 Matthews-Township Parkway (847-0236). In addition, you must have prior approval from the coach before uniforms can be altered.
- All altered uniforms must be restored to their original size before being turned in at the end of the cheering season.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform, unless the coach has approved this.
- JV Cheerleaders choosing to stay for a Varsity game must change out of the cheerleading uniform and into regular clothing.

Transportation

- Cheerleaders will ride to and from away games on the bus.
- Cheering is not allowed on the bus. It distracts the driver, coaches, and other team members.
- When the activity bus returns to the Butler High School parking lot, cheerleaders are expected to change out of their uniforms if they are going to hang around and wait for the other team buses to return.
- During basketball season cheerleaders ride to away games with the girl's team and then ride home with the boy's team. This means you will ride two different buses; do not leave anything on the bus when you disembark.

Expected Behavior

- All CMS and Butler High School guidelines must be followed at all times.
- Promote a positive image for the school community—peers, parents, teachers, and community members
- While representing BHS, cheerleaders must not:
 - Drink alcoholic beverages
 - Use controlled substances
 - Use tobacco products
 - Show unsportsmanlike conduct
 - Use profanity
 - Show displays of affection
 - Be academically dishonest

- Cheerleaders must wear the designated uniform to school on the day of a game (only cheerleader warm-ups may accompany the uniform. No shirts, sweatshirts, or sweatpants allowed).
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events.

Demerits may be issued for failure to follow the coach's direction or to stay in assigned areas during events.

- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders cannot wear or loan Butler cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal.

Demerits

There will be a demerit system for all violations, which is outlined for you. The demerit list is NOT LIMITED TO the demerits that are listed, and they may be given for special incidents that arise.

1 Demerit = Physical Conditioning, Benched ½ game

2 Demerits = Physical Conditioning, 1 Hours of Community, and benched 1 game

3 Demerits = Physical Conditioning, Benched from Game, and Parent Contact, 1 hour of community service

4 Demerits = Physical Conditioning, 2 Hours of Community Service, and Parent Contact, benched 1 game

5 Demerits = Removal from Squad

Infraction Number of Demerits

Late for practice < 5 minutes ½

Chewing gum or eating at practice ½

Visible bra straps in uniform ½

Missing ribbon at game 1/2

Not at attention during the game ½

Socializing during the game ½

Late turning in fundraising money ½ (for each day)

Late returning from halftime or second game 1

Public displays of affection 1

Late for game > 5 minutes 1

Forgetting poms 1

Profanity 1

Not in correct uniform * 2

Unexcused absence from practice 2

Unexcused absence from game 3

Attitude: Rudeness and/or disrespect to any member of the faculty, coaches, or squad members: At Coach's discretion

Failure to follow school rules: At Coach's discretion

Unsportsmanlike conduct, smoking, drinking, and/or drug use: At discretion of Coach, Athletic Director, and Principal

ISD Benched for one game

OSS Dismissed from the team

*Being in correct uniform means wearing the appropriate uniform--bloomers, hair ribbon, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Squad Coach, Athletic Director, and then Principal.

Read the following carefully, and then check which ONE applies to you:

- _____ I am a ninth grader trying out for JV only.
- _____ I am a tenth grader trying out for JV only.
- _____ I am a tenth grader trying out for JV but would like to be considered for Varsity.
- _____ I am an eleventh or twelfth grader trying out for Varsity.

Student Information Sheet

Name: _____

Student ID #: _____

Grade Level 09-10: _____

Home Address: _____

Home Phone: _____

Cell Phone: _____

Parents' Email address: _____

Birthday: _____

Parent/Guardian Name: _____

Parent/Guardian Phone (If different from above) _____

Mother's Work Phone: Mother's Cell Phone: _____

Father's Work Phone: Father's Cell Phone: _____

Emergency Contact Name: _____

Relationship to You: _____

Emergency Phone: _____ Emergency Cell Phone: _____

Family Doctor: _____ Doctor's Phone: _____

Hospital Preference: _____

Insurance Policy and Number: _____

Allergies/Health Problems/ Medications (Please describe in detail):

Previous Injuries (Please describe in detail):

Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Butler High School, your coaches, your teammates, and yourself for the complete season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of Butler, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the 2008-2009 Rules for Cheerleading. Students who break the rules will be disciplined. By making this commitment to the Butler High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest in the state of North Carolina.

Student Agreement

I, _____, have read and understand the 2008-2009 RULES FOR CHEERLEADING. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature

Date Signed

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2009-2010 RULES FOR CHEERLEADING and the 2008-2009 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I will help my child obey all rules and guidelines and face any consequences. I also agree to the financial obligations as they are described in the information provided. I understand that when school transportation is provided, it is mandatory for my child to ride to and from games on the bus. I will provide transportation for my child for scheduled events if necessary. I understand that failure by myself or my child to adhere to these policies could result in dismissal from the squad.

Parent/Guardian Signature

Date Signed

Cheerleading Schedule and Impt Dates

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1st day of tryouts	4 2nd day of tryouts	5 3rd day of tryouts	6 Lock-in and parent meeting	7	8
9	10 Practice	11 Practice	12 Practice	13 UCA CAMP	14 UCA CAMP	15 UCA CAMP
16	17 Practice	18 Practice	19 Practice	20 Practice	21 1 st Varsity game	22
23	24	25 1 st day of school	26	27 Joint Varsity and JV practice	28	29
30	31					

- ❖ Varsity practices Thursdays from 2:45-5:45, 7pm games on Fridays (be there at 6:00) thru November
- ❖ JV practices Tuesdays from 2:45-5:45, 7pm games on Thursdays (be there at 6:00) thru November
- ❖ Basketball season starts in November – games are Tuesdays and Fridays
- ❖ Practices will end in December

Score Sheet for Tryout # _____

Spirit _____/15

- Entrance/Exit
- Crowd appeal
- Tumbling/Jumps
- Voice projection
- Ad sales
 - \$0 sales = 0pts
 - Less than \$100 = 1 pt
 - More than \$100 = 2pts

Cheer _____/15

- Knowledge
- Motion technique
- Facial expressions
- Crowd appeal
- Voice projection

Jump _____/10

- Form
- Height

Chant _____/15

- Knowledge
- Motion technique
- Facial expressions
- Crowd appeal
- Voice projection

Dance _____/15

- Knowledge
- Rhythm
- Motion technique
- Facial expressions

Overall Appeal _____/15

- Motion technique
- Facial expressions
- Crowd appeal
- Overall talent

Athleticism _____/15

(judged Tuesday)

- 1 mile run (not timed, but no walking)
- 20 push-ups (either style)
- 20 sit-ups

Cheerleading Ad Sales

All Cheerleaders are expected to participate in fundraisers, and our biggest fundraiser is our ad sales fundraiser, which begins in April. Each individual trying out for cheerleading is strongly encouraged to sell \$500 in ads. Our hope is that most of these sales will take place before school is out in June and throughout the summer; however, the deadline for ad submissions is August 11.

As you sell, please turn in ad sales information to Joanna Schimizzi, Head Coach, immediately. You can bring them to Room 209 before the end of school or mail them to Butler High School in care of Joanna Schimizzi throughout the summer. Please know that while everyone trying out for cheerleading sales ads, not everyone will make the team. Selling ads does not guarantee anyone a position on the cheerleading squad. However, for those who make the team, we will deduct 10% of your total ad sales from your cheerleading balance.

When selling ads, please:

- Use the form on the back for distributing to individuals and businesses.
- Write your name next to "Butler Student Selling This Ad" so you will receive credit for the ad sold.
- Make copies of the form for distribution to companies, businesses, and individuals.
- Make sure all checks are made out to the Butler High School Athletic Booster Club.
- Make sure they submit their ad layout just as they want it to appear in the program. We will not modify or change what they submit.
- Try to sell your ads before school is out or during the early summer months. The deadline is Tuesday August 11.
- Thank them for supporting Butler High School.

If you have any questions, please don't hesitate to contact Mrs. Schimizzi at Joanna.schimizzi@cms.k12.nc.us



Advertise Your Business or Send a Special Message in the 2009 Butler High School Football Program

Orders for advertisements are taken before Tuesday August 11.

The Butler Football Program is a 8.5x11 inch program printed on glossy paper that includes information about the Butler football players and cheerleaders. It is sold at every Butler home game (JV and Varsity) to crowds of the Matthews/Mint Hill Community. Your support is greatly appreciated!

Ad Size Donation

Name Listed \$50.00

Business Card \$100.00

Quarter Page \$150.00

Half Page \$200.00

Full Page \$300.00

Please check one of the following: Business Ad Personal Message

Name: _____

Contact Person (for Business Ads only): _____

Phone Number: _____ E-mail Address: _____

Address: _____

Please check the ad size you are purchasing: Name Listed Business Card
 Quarter Page Half Page Full Page

Total Donation for Ad: _____

Please also attach a layout (business card, menu, photo for personal ads, printed material) exactly as you would like for it to appear in the football program. Mail the ad information and check made payable to Butler High School Athletic Booster Club to

Butler High School
c/o Joanna Schimizzi
1810 Matthews-Mint Hill Rd.
Matthews, NC 28105

For questions or more information, please contact Joanna Schimizzi at
Joanna.schimizzi@cms.k12.nc.us

Butler Student Selling This Ad: _____

Ad Sales Tips

- Prepare a speech. Make sure that you have the main ideas that you want to make memorized so that you are not reading off a script. You'll want to tell them all the reasons why it is a good idea to advertise in the football program. Remember this year it will be handed out at Varsity and JV games – 10 times during the fall.
- Prepare yourself. Look nice and have a positive attitude about what you are trying to sell. Be persistent, but not obnoxious.
- Approach local businesses and businesses you have a personal contact with.
- Remind them there are many approaches that can be taken – ads supporting the Bulldogs, ads presenting a sale/event at the store, ads that offer a coupon or discount.
- Thank them for their time!