Dear Candidate,

Cheerleading for one’s school can be both rewarding and fun! However, it does require its participants to be self-motivated, willing to give unselfishly of their time, work steadfast in accomplishing goals, and most importantly, be mindful of the six pillars of good character: Trustworthiness; Respect; Responsibility; Fairness; Caring; and Citizenship. Additionally, members are considered as AMBASSADORS of their school and are expected to be positive role models for their peers! Lastly, if selected to be part of the PHS Spirit Program you will be guided by a set of rules and regulations that foster community among its members, philanthropy, leadership, and school spirit!!!!!!

We ask that both you and your parents/guardians read over all necessary papers, complete those that need to be completed, and remit them on or before:

**TUESDAY, APRIL 28TH BY 2:00 PM:**

High School: Main Office in basket labeled......

“COMPLETED SPIRIT PROGRAM TRYOUT APPLICATIONS”

Middle Schools: Main Office in basket labeled......

“COMPLETED SPIRIT PROGRAM TRYOUT APPLICATIONS”

A cheerleading program can be rewarding and fun when its members exercise their ability to be productive, listen well, and work together as a team in developing advanced cheerleading skills for performances at games, pep rallies, and in competitive venues.

We are ready, are you?

Respectfully,
Coach Handchen & Coach Matthews
PHS SPIRIT SQUAD TRYOUT INFORMATION

POINTS OF EMPHASIS

• ONLY students who are currently enrolled in a Moore County School are eligible to tryout, at this time, for the PHS High School Cheer team. Registration for NEW Moore County School students will take place beginning July 6th.

• If you are currently NOT a Moore County student, kindly email Coach Handchen at rhandchen@aol.com for further instructions.

• Arrive on time!!!!

• Arrive READY TO GO, which means hair up with a bow and ALL JEWELRY OUT!!!!

• Nail lengths make sure that your nail lengths do not EXCEED YOUR FINGER TIPS!!!! You will NOT be allowed to participate in tryouts, as per NFHS Spirit Rules.

• Make sure that all the required papers are uploaded on the arbiter!!!!

• Arrive ready to listen, learn, & work diligently!!!!

EXPECTATIONS

If selected for participation, each participant is expected to:

Demonstrate a commitment to EXCELLENCE!!!!
Be dedicated to working towards & achieving goals!!!!
Be attentive to scheduled practices, activities, & events!!
Be cognizant & follow all safety guidelines.
Be financial responsible for expenses associated with participation in cheerleading.

BE PROACTIVE BE RESPONSIBLE BE A PROBLEM SOLVER BE A DOER BE A TEAM PLAYER BE A DIFFERENCE MAKER SETTLE FOR MORE!!!!!!!
TRYOUT CLINIC DATES

MAIN GYM

SATURDAY, MAY 2
9:00-1 PM

MONDAY, MAY 4 - WEDNESDAY, MAY 6
6:00-8:30 PM

THURSDAY, MAY 7
5:00-8:30 PM
(This last session will be facilitated in groups.)

TRYOUT CLINIC ATTIRE

As a candidate, you are vying for a spot on a Spirit Squad. Therefore, each candidate is expected to arrive to each tryout session dressed properly for the activity:

• Shorts (preferably green or black)
• Tee shirt (any bulky shirt will be required to be tucked in)
• White sneakers (should not be too bulky or heavy)
• Hair: Long: up in a high pony with a bow
  Shorter: ½ up, ½ down with a bow
• You should appear neat and clean demonstrating readiness for the position!
• No JEWELRY!!!! Medical bracelets must be taped down.
• Nails need to be an appropriate length (fingertip as per NFHS)!!!!

Evaluations Based On The Following

• APPEARANCE
• ATTITUDE & WORK ETHNIC
• FITNESS
• MOTION TECHNIQUE
• JUMPS
• PERFORMANCE SKILLS/CROWD APPEAL
• STUNTING KNOWLEDGE
• TUMBLING
ABC’S OF THE PHS SPIRIT PROGRAM

A

Attendance:

The PHS Spirit Program will run from the time of tryouts, Saturday, May 2, 2020-Wednesday, March 31, 2021.

-Attendance at all practices is required:
  Therefore, Driver’s Education Classes, vacations, and mission trips are to be are to be taken during off periods from cheerleading.

-Off Periods:
  Monday, May 25, 2020-Monday, June 22, 2020
  Monday, June 29, 2020-Sunday, July 5, 2020
  Sunday, July 19, 2020-Wednesday, July 22, 2020

-Calendar of Events (See Important Dates Chart)

-Practices after August 10th:
  Varsity: Monday & Tuesday 6-8 PM, Wednesday & Thursday 6:15 AM-8:00 AM
  Junior Varsity: Monday, Tuesday, & Wednesday 4-5:30 PM

-Games:
  Football:
    Varsity: Friday Nights
    Junior Varsity: Thursday Home JV Football
  Basketball:
    Varsity: Tuesday & Friday with four to five away games
    Junior Varsity: Tuesday & Friday Home JV Game

B

Basic Information:
The PHS Spirit Program will comprised of a:
- Junior Varsity Squad (16-18 participants)
- Varsity Squad (16-20 participants)

Each Squad will prepare for game performances and for competitive performances.
Fund Raising:
There will be ample fundraisers provided both team and individual to off-set out-of-pocket expenses.

Fees:
UCA Cheer Camp:
   UNC Ashville Sunday, July 26-Wednesday-July 29
   $350.00 Includes transportation, instruction, and meals.

Practice Wear:
   Returners: Approximately $100.00
   New Participants: Approximately $150.00

Game Day Equipment:
   Returners: Approximately $70.00
   New participants: Approximately $150.00

Competition:
   Junior Varsity: Approximately $100.00 (Pre-States, Carolina Championships & States)
   Varsity: Approximately $450.00 (Pre-States, Carolina Championships, States, NC Coaches’ Invitational, & Cheer Ltd. CanAm)

Community Service
Participation in:
   Back-to-School Nights
   Parades
   Community Service Projects

Communications:
   All communication will be done through email or the use of an App such as Remind Me. We will adhere to a “Chain of Command”. Coach-Player, Coach-Player-Parents,
   Coach-Player-Parent-Athletic Director.

FYI:
At the mandatory parent/guardian meeting, additional paperwork will need to be signed by both participant and a parent or guardian. These papers include: Extracurricular Standards of Behavior, Inherent Risk of Cheerleading, and Program and Conduct Guidelines
Dear Candidate,

Paying attention to details and adhering to due dates is quite important. Please use this checklist as a means of keeping yourself organized and on top of your game. Kindly complete the necessary paperwork. Then place all required papers in either a folder or manila envelope, neatly write your name on the folder or envelope. Remit all paperwork to main office at the high school or in the main office of the middle schools. (Look for the decorated cheer collection box.)

All paperwork is due on or before: **Tuesday, April 28, 2020, by 2:00 PM**

**CHECKLIST:**
- Tryout Application Completed and Placed in a Folder or Envelope
- Copy of Physical Forms Completed and Included in Folder or Envelope
- A Copy of Your Most Recent Report Card Attached to Tryout Application
- A letter of recommendation from a teacher/coach.
- Physical and school forms entered and approved on Arbiter [http://www.arbiterathlete.com](http://www.arbiterathlete.com)
- Begin Stretching, Conditioning, and Working on Your Jumps and Any Tumbling you wish to demonstrate.

**3, 2, 1, SOMETHINGS TO KNOW:**
- Cheerleading for one’s school is both rewarding and fun! However, it does require its participants to give more of their time than most people realize. Participants must be willing to devote a minimum of 12 hours per week to cheerleading related activities. The demands place on a person’s time and energy are great, and all participants must be able to successfully balance academic requirements, cheerleading and social lives. Prospective candidates need to consider carefully their various personal commitments before deciding to try-out for a position within the PHS Spirit Program.

- Cheerleaders are expected to support all cheerleading activities during the season. Such activities include but are not limited to: team meetings, practices, games, assemblies, pep rallies, camps, clinics, fundraisers, community service, community events, and parades.

- Cheerleaders must remain in good academic standing at-all-times. Failure to do so will result in probation from the squad.

**Role of the Parent:**
The parents/guardians play a significant role in helping to support the PHS Spirit Program. Therefore, all parents will must be active participants in the PHS Spirit Program Boosters and become active members of the PAC, the Parent Athletic Club of PHS Athletics. By becoming active members in both groups, we can ensure that the PHS Spirit Program is successful in all their philanthropic and fund raising efforts!

Thank you for taking the time to read through the PHS Cheer Program Information. Any questions kindly email Coach Handchen at [rhandchen@aol.com](mailto:rhandchen@aol.com).
Pinecrest High School Cheerleading
2020-2021

**Important Program Dates**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE(S)</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRYOUT APPLICATION DUE</td>
<td>TUESDAY, APRIL 28&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>DUE BY END OF THE SCHOOL DAY!</td>
<td>TRYOUT APPLICATION DUE</td>
</tr>
<tr>
<td>TRYOUT CLINIC</td>
<td>SATURDAY, MAY 2 MONDAY, MAY 4 TUESDAY, MAY 5 WEDNESDAY, MAY 6 THURSDAY, MAY 7</td>
<td>9-1 PM 6-8:30 PM 6-8:30 PM 6-8:30 PM 5-8:30 PM</td>
<td>TRYOUT SESSION 1 TRYOUT SESSION 2 TRYOUT SESSION 3 TRYOUT SESSION 4 TRYOUT SESSION 5</td>
</tr>
<tr>
<td>SQUAD PLACEMENT ANNOUNCED</td>
<td>MONDAY, MAY 11</td>
<td>5 PM</td>
<td>SELECTION OF THE 20-21 PHS SPIRIT LEADERS</td>
</tr>
<tr>
<td>TRAINING PART A</td>
<td>5/12 5/12 5/13 5/19 5/19 5/20 5/21</td>
<td>6:30-7:30 PM 7:30-8:30 PM 6:30-8:30 4:30-6 PM SIZING 6:30-8:30 PM 6:30-8:30 PM 6:30-8:30 PM</td>
<td>First Practice &amp; Mandatory Parent/Guardian Meeting CONDITIONING &amp; CHEER SKILLS WITH EMPHASIS ON STUNTING “ ” “ ” “ ”</td>
</tr>
<tr>
<td>TEAM FUND RAISER</td>
<td>5/23</td>
<td>9-2 PM</td>
<td>CAR WASH</td>
</tr>
<tr>
<td>TRAINING PART A CONTINUED</td>
<td>6/23 6/24 6/25</td>
<td>9-12 PM 9-12 PM 9-12 PM</td>
<td>CHEER SKILLS REVIEW</td>
</tr>
<tr>
<td>JR. PATRIOT CHEER CAMP</td>
<td>6/26-6/27</td>
<td>9-3 PM</td>
<td>CHEER CAMP</td>
</tr>
<tr>
<td>TRAINING PART A CONTINUED</td>
<td>7/7 7/8 7/9 7/14 7/15</td>
<td>9-12 PM 9-12 PM 9-12 PM 9-12 PM 9-12 PM</td>
<td>ROUTINE(S) CHOREOGRAPHY</td>
</tr>
<tr>
<td>Date/Time</td>
<td>Event Name</td>
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<tr>
<td>7/16 7/23 7/24</td>
<td>CAMP PREP &amp; TEAM ACTIVITY</td>
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<tr>
<td>9-12 PM 9-12 PM 9-12 PM</td>
<td>UNC ASHVILLE OVERNIGHT CHEER CAMP</td>
<td></td>
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<tr>
<td>7/26-7/29</td>
<td>UCA CHEER CAMP</td>
<td></td>
<td></td>
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<tr>
<td>ALL DAY</td>
<td></td>
<td></td>
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<tr>
<td>8/1 8/4 8/5 8/6</td>
<td>TRAINING PART B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9-12 PM 6-8 PM 6-8 PM</td>
<td>MATERIAL REVIEW GAME DAY PREP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9-12 PM 6-8 PM 6-8 PM</td>
<td>GAME DAY PREP</td>
<td></td>
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<tr>
<td>6-8 PM</td>
<td>GAME DAY PREP</td>
<td></td>
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</tr>
</tbody>
</table>

STARTING THE WEEK OF AUGUST 10TH:

**VARSITY**

**PRACTICES:**

MONDAY-TUESDAY 6-8 PM
WEDNESDAY-THURSDAY 6:15 AM-8 AM

**GAMES:**

FRIDAY NIGHTS AUGUST 14TH-DECEMBER 11TH (INCLUDES PLAY OFF DAYS)

**JUNIOR VARSITY**

**PRACTICES:**

MONDAY-WEDNESDAY 4:00 PM-5:30 PM

**GAMES:**

THURSDAY HOME JV GAMES
PHS SPIRIT PROGRAM TRYOUT
REGISTRATION FORM
**KINDLY PRINT NEATLY

Name_________________________________________________________________

Current Grade: ________ DOB: ____________ Age: __________

Candidate’s Cell #: ________________________________________________

Candidate’s Email: ________________________________________________

Candidate’s Address: ______________________________________________

Parent Guardian’s Information:

Mother:
Name: __________________________________________________________
Cell #: __________________________________________________________
Email: __________________________________________________________

Father:
Name: __________________________________________________________
Cell #: __________________________________________________________
Email: __________________________________________________________

Guardian:
Name: __________________________________________________________
Cell #: __________________________________________________________
Email: __________________________________________________________
PHS SPIRIT PROGRAM TRYOUT APPLICATION

Please print neatly and be mindful of the fact that your interest and commitment may be judged by the care and professionalism with which this application is completed!

Name: _______________________________________________________________

Current Grade: _______________ Cumulative: GPA: _______________

Mailing Address: ____________________________

City: _______________________________ Zip Code: ___________________

Home Phone: _________________________ Cell: _______________________

Email Address: _____________________________________________________

General Information:

1. What position will you be trying out for? Flyer Back Base Side Base
   (Circle all positions that you would like to be considered for.)

2. Place a check mark next to any tumbling skills you can do without a spot:
   ______Forward roll ______Cartwheel ______Round-off
   ______Standing Back Hand Spring ______Front Hand Spring
   ______Back Walk Over ______Front Walk over ______Standing Tuck
   ______R/O BHS ______R/O Multiple BHS ______R/O Tuck
   ______R/O BHS Tuck ______R/O BHS Layout ______R/O BHS Full Twist

   Other Tumbling Skills: _____________________________________________

3. List your cheerleading and or dance experience:
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________
Open Ended Responses:

Respond to these open-ended items to the best of your knowledge. Please limited your responses to the space provided.

We are looking to fill our spots with dedicated, enthusiastic, well-rounded individuals who possess the desire to dedicate themselves to upholding and maintaining the high standards of the PHS Spirit Program. Briefly explain the following: What do you feel is the major role of a cheerleader and why do you believe you would be an asset to the PHS Spirit Program?

Identify three (3) words that describe your character/personality and provide an example which exhibits these characteristics.
COMMUNITY SERVICE ACTION PLAN

Candidate’s Name______________________________________________________________

Name of Community Service Project:

To whom will this Community Service Action Plan Benefit:

______________________________________________________________________________

Best time of year to initiate and implement the CSAP:

______________________________________________________________________________

Will you need assistance in planning the CSAP? If yes, how many people will you need in assisting you?__________

Briefly describe the Community Service Project:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
PHS SPIRIT PROGRAM
Teacher/Coach Recommendation Form
(One per candidate)
Return to Coach Matthews or your current school’s front office by April 28, 2020

The student listed below is applying for a position on the PHS Spirit Program. We are looking for hardworking, dedicated individuals who are willing to put in 110% commitment. Further, we feel that their commitment to their academic/athletic success is indicative of what they will give to their PHS Spirit Program. Therefore, we are requiring each candidate to secure a recommendation from at least one teacher or a coach.

**Candidate, please fill out the following information and give form to one teacher or coach.

Name:____________________________________________ Current Grade level: ______________
Teacher’s Name: ___________________________________ Subject: ______________________

Return to Coach Matthews or your current school’s front office by April 28, 2020
Please do not give the recommendation form back to the student.

Candidate’s Conduct:

<table>
<thead>
<tr>
<th>Excellent- 4</th>
<th>Above Average-3</th>
<th>Average-2</th>
<th>Below Average-1</th>
<th>Poor-0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class conduct</td>
<td>Honesty</td>
<td>Cooperation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respect to peers</td>
<td>Appearance/grooming</td>
<td>Attendance/ Punctuality</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respect to teachers</td>
<td>Leadership Ability</td>
<td>Motivation/Drive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Works well in groups</td>
<td>Dependability</td>
<td>Grades</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Overall Recommendation (choose one)

_______ Do not recommend             _____ Recommend with reservation

_______ Recommend                     _____ highly Recommend

Thank you,
Coach Handchen & Coach Matthews