

PEP SQUAD TRYOUT INFORMATION PACKET
CHEERLEADERS ~ SONGLEADERS
2010 - 2011

Peninsula High School
Pep Squad Tryout Information

Workshops:

APRIL 12-15 3:30-5:00pm

* Check in at registration table in front of the South Dance Room (near gym) when you arrive. Please try to get there before 3:30pm.

* Bring completed tryout application with **school picture, a photocopy of your recent school report card & your physical clearance.**

* Wear comfortable shorts, t-shirt & tennis shoes.

Cheer will be learning:

Offense Cheer Sideline Dance
Defense Cheer Jump Combo
All Purpose Cheer

Song will be learning:

Kickline Jump Combo
Dance Routine All Purpose Cheer

Try-outs

FRIDAY, APRIL 16TH 2:00-5:30PM

(approximate times to be given at workshop)

CHECK IN: 1/2 hour prior to your scheduled tryout time & receive tryout number.

Tryouts consist of: Spirit Entrance, Cheers, Splits, Jump Combo and Dance Routine. Tumbling will also be judged for Cheerleaders.

Tryout Attire:

CHEER: Black Shorts

Black / Gold / White FITTED t-shirt (no lettering or design)

Tennis Shoes

Hair in a ponytail

SONG: Black Shorts

Black Sports Bra (no t-shirt)

Jazz Shoes

Hair in a ponytail

Tryout Procedure: will be clarified by captains at workshop.

Team Results: will be posted in the window of the South Dance Room no later than noon on Saturday.

Judging is based on:

Overall Technique, Knowledge, Showmanship, Jumps, Flexibility, Appearance & Tumbling .

ALL SCORING BY JUDGES. JUDGES DECISIONS STAND. NO SCORESHEETS WILL BE GIVEN TO PARTICIPANTS OR PARENTS.

Number of girls selected will be based on "Natural Break" in total tryout points.

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Pep Squad 2010 - 2011 Information

TEAM DISTINCTION

JUNIOR VARSITY

JV Cheer and Song teams cheer at all football games (Thursday afternoons), and basketball games (Tues. & Fri.), perform at pep rallies and any C.I.F. games assigned.

VARSITY

The Varsity Cheer & Song teams cheer at all Varsity football games (Fridays) and basketball games (Tues. & Fri.), perform at pep rallies and any C.I. F. games assigned.

TEAM COMMITMENT

SPRING PRACTICE

April 26th 3:30-5:00pm Chant Practice

April 26th 7:00-9:00pm Parent / Daughter Meeting

Needed: \$300 check made to PVPHS Pep Squad

May 3th 2:00-5:00pm Uniform Fitting

May 10th & 24th 3:30-5:00pm Chant Practice

June 7th 3:30-5:00pm Chant Practices

SUMMER PRACTICES **MANDATORY**

Only one absence will be allowed during summer practices. If for some reason more than one absence occurs, the Coach will determine if the team member will be able to participate in all fall activities.

All practices are 2-3:30pm Monday thru Thursday

June 28 - July 1

July 6-9

July 12-15

July 19-22

US Spiritleaders Camp July 29 - August 1 @ SOKA University (yet to be confirmed)

Aug. 29 - September 2

SCHOOL COMMITMENT

- * Class: 6th Period (Physical Education)
- * Games: as outlined under Team Distinction
- * Participation in fundraising activities
- * Outside Dance Classes or Tumbling Privates: Highly Recommended to improve individual skills and technique

Expenses

Camp (Optional)	\$350
Athletic Booster Club Membership	\$50
Panther Card	\$45
Transportation Fee	\$167
Summer Program Fee	\$250
Music & Pep Rally Choreography Fee	\$50
Banquet Fee	\$30
Clothes/Uniforms/Equipment	\$500-1400 (based on number of uniforms needed & quantity of items ordered)

PEP SQUAD RULES

ATTENDANCE

*Must attend all scheduled PRACTICES, GAMES & PERFORMANCES

*Must dress in appropriate team practice attire for all practices as outlined below:

PRACTICE ATTIRE

Tennis shoes & socks

Black shorts or sweats

Black tank top or shirt

Hair secured in elastic

NO JEWELRY or gum

ABSENCES FOR GAMES & PRACTICES

*Excused absences must be **PRE-APPROVED** by Advisor and accompanied by a parent written note.

*A parent note will NOT automatically be an excused absence.

*2 unexcused absences will result in probation. Parents will be notified and a conference scheduled.

*3 unexcused absences will result in dismissal from the team.

*Excessive excused absences, inappropriate conduct or dress will result in a conference and possible dismissal from the team. Thus, leading a healthy lifestyle and taking your commitment responsibly is crucial to remaining on the team.

CLASS GRADES

Grades will be determined by attendance and participation, in accordance with the policies set by the physical education department. Attendance policy will also apply to game participation.

*If a student drops the team at any time during the year and DOES NOT fulfill the year's commitment to the team, she will not receive class credit.

*Citizenship grades will be given by the same point system, as it applies to all after school practices, games & performances.

CONDUCT

*All team members are subject to district code of conduct and academic standards.

*All team members are subject to maintain high standards of conduct and behavior as a chosen representative of Palos Verdes Peninsula High School.

*Violation of conduct will result in probation or suspension from team.

VPHS TRYOUT APPLICATION

(Please Type or Print)

Attach:
*copy of first semester report card
*physical examination report

*Attach Picture Here

Applicant Information:

Name _____ Birthdate _____
Current School Attending _____ Grade _____ GPA _____
Address _____ City _____
Home Phone # _____ Student's Cell # _____
Student's Email _____
Mother/Guardian Name _____ Work # _____ Cell # _____
Father/Guardian Name _____ Work # _____ Cell # _____
Parent's Email _____

Tryout Information:

I am trying out for: (Please check)

- | | | |
|--|--|---|
| <input type="checkbox"/> Cheer (any squad) | <input type="checkbox"/> Song (any squad) | <input type="checkbox"/> Girls Choreo |
| <input type="checkbox"/> Cheer (Varsity only) | <input type="checkbox"/> Song (Varsity only) | <input type="checkbox"/> Advanced Dance |
| <input type="checkbox"/> Varsity Dance (Dance/Drill) | <input type="checkbox"/> Colorguard | <input type="checkbox"/> Intermediate Dance |
| <input type="checkbox"/> Coed Choreo | <input type="checkbox"/> Boys Choreo | |
| <input type="checkbox"/> Willing to be a Coed Choreo alternate | | |
- Height: _____ Weight: _____ (Must fill out this section for Coed Choreo or Boys Choreo)

List any other activities or sports you are planning on participating in for the 2009-2010 season

Medical Information:

Medical problems: (please check)

- | | | | | |
|---------------------------------------|---------------------------------------|------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Back injury | <input type="checkbox"/> Broken Bones | <input type="checkbox"/> Surgery | <input type="checkbox"/> Knee Injury | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Ankle Injury | <input type="checkbox"/> Asthma | <input type="checkbox"/> Allergies | <input type="checkbox"/> Neck Injury | |

Explain: _____

Parent/Student Commitment Acknowledgement:

- 1) We have read and understand the **TEAM COMMITMENT** associated with the performance team my son/daughter has chosen to tryout for (both summer and school year).
- 2) We have read and understand the **RULES** for attendance, class grading system, performances, and personal conduct.
- 3) We have read and understand the **FINANCIAL EXPENSES** that are associated with participation with in performance team.
- 4) **IMPORTANT:** any team member who tries out and makes the performance team (or signs up for Boys Choreo only) will be responsible for **ALL** financial and team commitments, **even if he or she chooses at some point NOT to participate or is dropped from the team. Class credit will be received only if a student fulfills the entire year of team commitment as outlined.**
- 5) We have read and understand the workshops, tryout information and tryout procedure, judging and scoring procedure related to VPHS tryouts for these performance teams and accept all judges' decisions as final.
- 6) We understand and consent to the videotaping and photographing of the student in a school-related activity.
- 7) WE ACKNOWLEDGE THAT WE, THE PARENTS AND STUDENT, UNDERSTAND AND ACCEPT RESPONSIBILITY FOR **ALL COMMITMENTS ASSOCIATED WITH THE PERFORMANCE TEAM HE/SHE HAS CHOSEN, AND GIVE OUR CHILD PERMISSION TO TRYOUT (OR SIGN-UP - BOYS CHOREO ONLY).**

Parent's Signature _____ Date _____

Student's Signature _____ Date _____

PALOS VERDES PENINSULA UNIFIED SCHOOL DISTRICT
Health Services



PHYSICAL EXAMINATION REPORT

Student's Name _____ Birthdate _____

Student's Grade _____

A physical examination of this student was performed on (**Date**) _____.

He/she is physically fit to participate in all athletics.*

Date _____

Physician's Signature _____

VALID ONLY WITH PHYSICIAN'S STAMP

Telephone: _____

* California Interscholastic Federation (CIF) policy 306 states,...“An annual physical examination, or a statement by a medical practitioner, certifying that the student is physically fit to participate in athletics is required before a student may try out, practice or participate in interscholastic athletic competition...”

PVPUSD accepts physical examination reports from a M.D., D.O., Physicians' Assistant, and Nurse practitioner with a MD's stamp.