

**Del Norte High School Cheer
Information & Tryout Packet
2019 - 2020**



Cheer Clinics:

(in the DNHS Cheer Room/PAC grass area)

Friday, May 31: 4:30 pm – 7:30 pm

Monday, June 3: 4:30 pm – 7:30 pm

Tuesday, June 4: 4:30 pm – 7:30 pm

Rock n Roll Marathon

Sunday, June 2: 6:00 am – 11:00 am

Cheer Tryout

Wednesday, June 5

Where: PAC

Time: 5:00 – 9:00 PM

Questions? Please Contact:

Ronald Buccat, Head Coach

Star Gangitano, Junior Varsity Coach

dnhsnighthawkscheer@gmail.com

DNHS 2017 - 2018 Projected Cheer Budget

Monthly Payments:

- June 6 – Camp payment due - \$550 “DNHS ASB”
- June 7 – Uniform payment due – “Varsity Brand”
- July 8 – First Payment - \$152 “DNHS ASB”
- August 7 – Second Payment - \$152 “DNHS ASB”
- September 4 – Third Payment - \$152 “DNHS ASB”
- October 2 – Fourth Payment - \$152 “DNHS ASB”
- November 6 – Fifth Payment - \$152 “DNHS ASB”
- December 4 – Sixth Payment - \$152 “DNHS ASB”
- January 8 – Final Payment - \$152 “DNHS ASB”

** (Uniform orders) If you elect to purchase new items and place an order through Varsity Brands, you will be asked to pay for your order in full by credit card or cash before the order is placed.

***** We will have several fundraising events throughout the season to help offset the costs, however each cheerleader will be financially responsible for all payments due to the DNHS Cheer program. Fundraising opt-outs will be \$350*****

Del Norte High School Tryout Overview

A) Tryouts will be held once per year

B) Candidates will be evaluated on the following items:

1. Non-Physical:

- Attendance at workshops (30 points*)
- Attendance to Rock n Roll Marathon (20 points)
- Coach & Teacher evaluations (120 points)

2. Physical:

- Jumps (30 points)
- Cheer (30 points)
- Chants x2 (30 points)
- Dance Routine (30 points)
- Spirit/Enthusiasm (30 points)
- Tumbling (back handspring & above) (30 Points)
- Appearance (20 points)
- Fight Song (10 points)

Cheer tryouts are closed. No family, friends, etc. are allowed in or around the gym. **JUDGING AND SCORES ARE CONFIDENTIAL.** Material for tryouts will be taught at cheer workshops.

Notification of the cheer squads for the 2019-20 school year will be Thursday, June 6 by 7 am. The list will be posted on the Administration window at DNHS.

*Absences will be excused if you are currently in a spring sport or submitting a video tryout. You will be responsible to learn the material if you are unable to attend any workshop.

DEL NORTE HIGH SCHOOL CHEER CONSTITUTION

PURPOSE:

1. Be a representative of Del Norte High School
2. Promote school spirit
3. Develop team responsibility, self-confidence, and enhance self-capacity through team participation
4. Promote a sense of good sportsmanship among students and adults

ELIGIBILITY:

1. A cheerleader must be a student currently enrolled and attending DNHS, enrolling for the 2019-2020 school year, or have an inter/intra-district transfer approved PRIOR to tryouts for the school year.
2. During each grading period, cheerleaders must obtain at 2.0 GPA or better in order to be eligible to participate at games. All cheerleaders are expected to utilize tutorial sessions. Mandated tutorials will be enforced by the coaches for cheerleaders receiving below a 2.5 GPA.

DEFINITION OF SQUADS:

Squad members will be selected each year *strictly* on the basis of total points earned during the tryout process. ***NO extra points will be given or made due to previous squad placement, however previous years on field/ court attitude and performance will be taken into consideration.***

1. **Varsity squad** will consist of Seniors, Juniors, or Sophomores.
2. **Junior Varsity squad** will consist of Juniors, Sophomores, or Freshmen.
- 3.

RESPONSIBILITIES:

1. Cheerleaders are expected to complete a full term in that position. **Any cheerleader not completing a full term or missing more than 3 games/mandated events will be ineligible for any award, this includes a Varsity Letter.**
2. Cheerleaders may not hold a position within or outside the school that would be in conflict with the duties and time requirements of a cheerleader.
3. Cheerleaders must read and understand the DNHS Student Handbook (posted on the DN website, under "Student") and the DNHS Athletic Handbook (posted on the Athletic Home Page).
4. The rules and regulations of this constitution and the decisions of the advisor, coaches, Director of Activities, Athletic Director, and/or the administration will be final.

CAPTAIN & CO-CAPTAIN (1 Captain & 2/3 Co-Captains):

1. Work closely with the coaches/ advisor in planning cheer activities, performances and practices.
2. Start cheers and chants at games.
3. Act as a liaison between advisors and cheerleaders.
4. Call/text squad members as necessary.
5. Teach and lead dance routines when necessary.
6. Act as a role model to teammates.

****May be demoted, at the discretion of coach/advisor, as a result of any problems that occur during season.***

SUMMER CAMP/SUMMER PRACTICES: Camp attendance is highly recommended

1. **CAMP WILL BE July 22-25 @ Great Wolf Lodge – Garden Grove**
 - A. Each cheerleader must have a physical on file, along with a signed Medical Release, and Permission to Participate form prior to leaving for camp
 - B. Coaches will be present at camp, acting as chaperones/advisors.

2. If under very special circumstance (pre-approved by advisor & coaches) a cheerleader must miss practice before the start of school, the advisor/coaches, will determine when that cheerleader is prepared and able to safely participate with the rest of the squad at events.
3. It is up to each cheerleader to stay in shape and condition during the off season in the summer (**June 17– July 7**) and winter break (**December 21 – January 5**). Optional practices will be held during summer and winter breaks.

UNIFORMS:

1. At no time will a cheerleader allow another student who is not a DNHS cheerleader to wear his/her uniform. This includes warm-ups and cheer apparel.
2. ABSOLUTELY NO PDA while in uniform. Cheerleaders will conduct themselves appropriately whether in uniform or not.
3. Uniform/cheer donation should be paid in full by the date specified on the individual cost sheet handed out at tryouts.
4. If a cheerleader quits the squad for any reason after uniforms have been ordered, she will be financially responsible for all items ordered, including camp expense.
5. If a cheerleader loses any part of the uniform, she will not be allowed to participate until the item is replaced/repurchased by cheerleader/parent.

PRACTICES and GAMES:

1. Cheerleaders will report *appropriately dressed* (**cheer shoes, No Jewelry, hair up, and athletic wear – including shorts over Spankies**) and ready to practice at least five minutes before the time designated by coaches. Practices will be on Monday & Wednesday from 4:00-6:30, unless changes have been made by the coach. ***Ready to practice entails already having used the restroom, visited the trainer, if necessary for wrist/ankle wrapping, etc. *You will be marked as tardy if you are not appropriately dressed!**
2. All formations, music, and routines must be approved by the coaches prior to the game.
3. Varsity cheerleaders must attend and cheer all Varsity football games, all Varsity basketball games, CIF games, and any other events as determined by advisor/coaches (charity events, fundraisers, school spirit events, etc.).
4. Junior Varsity will cheer at all Junior Varsity football games, all Junior Varsity basketball games, and any other events as determined by advisor/coaches (see above).
5. Freshmen cheerleaders will cheer at all home Freshmen Football games, unless otherwise communicated with the coach/advisor.
6. Junior Varsity cheerleaders will attend the Varsity home football games through the third quarter.
7. At the Varsity football games, the Junior Varsity cheerleaders will report to their coach during the second quarter of the game and will cheer during the Varsity third quarter.
8. Junior Varsity cheerleaders are to help with spirit during Varsity football/basketball and any other events as determined by advisor/coaches.
9. Cheerleaders must check in with advisors and/or coaches at the designated location one hour before game time unless otherwise specified.
10. When arriving to a game, cheerleaders will wear **specified cheer attire, warm ups, and cheer shoes.** When cheering, the squad will wear the official uniform designated for that game or event. If any part of the uniform, including Poms or bow, is missing, the cheerleader will not perform at the game. This includes wearing proper spirit wear to school on game day.
11. All cheerleaders, when not performing, will sit in full uniform in the area designated by the advisor/coach and will actively support the squad that is performing.
12. For away games, if a bus is provided, cheerleaders must ride to and from the game on the bus. The

coaches must be contacted directly **48 hours** prior to the game if this presents a problem and it will be up to their discretion on how to handle the specific situation.

13. All cheerleaders, who are benched/injured, will sit in full uniform (warm ups) in the area designated by the advisor/coaches and actively support the squad that is performing.

EXPECTATIONS/STANDARDS:

1. Appearance:

- A. All parts of the uniform must be kept neat and clean.
- B. Hair must be out of the face and off the shoulders. **HAIR MUST BE ARRANGED BEFORE ARRIVING TO THE GAME/ EVENT.** Hair preparation will be decided by the coach and failure to follow instructions will result in suspension of game.
- C. NO JEWELRY WILL BE ALLOWED at practice and/or games. If worn, you will be told to remove jewelry before you begin. Repeated requests to remove jewelry will result in disciplinary action.**
- D. Cheerleaders will arrive in uniform/warm-ups prior to each event. No flip flops, slippers, boots, or sandals will be allowed.**
- E. Cheerleaders will abide by the dress code rules as stated in the DNHS Student Handbook.

2. Attendance:

- A. To be eligible to practice or cheer at a game, squad members must attend at least 4 full periods of school that day or 60% of your class schedule.
- B. In the case of off-roll periods, squad members must attend at least 3 full periods of school that day.
- C. Work, and all personal business, including doctor/dentist appointments, must be scheduled around practice & game days, or the absence will be unexcused. (“family emergencies” or sickness will be discussed on a case by case basis).**
- D. Unexcused absences will result in being benched for the first half of the next game.**
- E. Absence from a game will result in being benched for a full game.**

3. Attitude/Conduct:

- A. A cheerleader must be a willing worker and perform duties, including conditioning, without complaining or indifference.
- B. A cheerleader must work as a team member.
- C. Cheerleaders must be patient and helpful with each other at all times, especially when learning new stunts.
- D. A cheerleader must be willing to take constructive criticism, reprimands, and suggestions, with grace.
- E. Cheerleaders must avoid derogatory conversation regarding DNHS, the cheer program, the advisor/coaches, DNHS staff, students or other cheerleaders; THIS INCLUDES ON TWITTER/FACEBOOK/INSTAGRAM/ANY FORM OF SOCIAL MEDIA. Such negative behavior can result in removal from the squad. All constructive comments are welcome and should be communicated directly to the advisor/coaches independently.**
- F. No reference to alcohol or drugs on public domains (any form of social media) will be permitted and will result in suspension, parent conference, and/or removal from squad.
- G. Any offense that involves law enforcement contact will result in parent conference, suspension, and/or immediate removal from squad.
- H. No public display of affection (PDA) at school, games, or any other events while in uniform.**
- I. As representatives of the DNHS, you agree to no smoking, no drinking of alcohol, or use of any

illegal substance at any time. Cheer squad members are advised to not attend student parties where alcohol, tobacco, and other drugs may be present.

- J. **Problems with poor attitudes or poor conduct at any event, whether it is school related or not, may result in parent conference, demotion, and/or immediate removal from the squad.**
- K. Cheerleaders will treat their captains, coaches, and advisor with the utmost respect.

CONSEQUENCE: *in coordination with the DNHS Student Handbook

If you quit or are removed from the team, you will not be eligible to tryout for the following season.

Problem Area	First Occurrence	Repeated Occurrence
Unexcused tardy to game/event/practice	Benched one quarter of football/basketball game.	2nd: Benched half of football/basketball game. 3rd: Full game suspension. 4+: Demotion or possible removal from squad.
Excessive tardies to school (both excused and unexcused) *	Detention/Tuesday school (as determined by Attendance Office).	2-3 Detentions - benched for next game. 4+ Detentions - benched until end of season.
Unexcused absence from game/event/practice	Benched half of football/basketball game.	2nd: Full game suspension. 3+: Demotion or possible removal from squad.
Unsatisfactory citizenship or grades at school, practice, or event.	Mandated Tutorial. Subject to disciplinary action by coach/advisor, probation or ineligibility.	Demotion or possible removal from squad.
Attitude/Conduct Problem at game(s)/practice/event	Subject to disciplinary action by coach/advisor, including suspension from game(s) or immediate removal/demotion from squad. Parent conference.	Removal from squad.
Inappropriate use of website/internet (any social media)	Subject to disciplinary action by coach/advisor, including suspension from game(s) or immediate removal/demotion from squad. Parent conference.	Removal from squad.

Dress code violation*	Will be directed to dress into DN PE gear. Students who go home to change will result in automatic detention. If this violation & request occurs again, this will result in being benched for an entire game.	2 violations - Benched for one quarter. 3 violations - Benched for two quarters. 4 violations – Full game suspension.
Violation of school rule results in Office Referral	Full game suspension.	Demotion or possible removal from squad
Ethics Code and/or Law Violation	Subject to disciplinary action by coach/advisor, including suspension from game(s) or immediate removal/demotion from squad. Parent conference.	Removal from squad.

REVISIONS:

*Revised May 2019

****The advisor/coaches reserve the right to make revisions or deletions at any time to this Constitution with the permission of the administration. If changes should occur to the Constitution, cheerleaders and their parents will be notified.**

**DNHS CHEERLEADER CONTRACT
2019-2020**



I have read the Cheerleading Constitution of Del Norte High School and understand the responsibilities of being a cheerleader. I agree to abide by these rules and regulations if selected as a cheerleader for the 2019-2020 school year. I will cooperate fully with the Advisor, coaches and all persons and organizations concerned to promote school spirit and good sportsmanship at Del Norte High School. At all times, whether at school or away from school, I will conduct myself in a manner that best represents myself, the students, and the faculty at Del Norte High School.

I, _____, have read this contract, fully understand it, and agree to abide by its contents. I realize that if any rule is broken, I am in breach of this contract.

Student Name (Print): _____

Student Name (Sign): _____ Date: _____

Parent/Legal Guardian (Print): _____

Parent/Legal Guardian (Sign): _____ Date: _____

Advisor's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

Please answer the following 3 questions:

1. What is the key to earning respect from your team members and how do you keep it?

2. What do you think the main purpose of practice should be? Not everyone agrees on the hard work to “get there”, how do you feel team members should feel when they leave practice?

3. What does “We Not Me” mean to you and how would you apply this to the Del Norte Cheer program?

DNHS Cheerleader Checklist
(Please read carefully!)

Applications are due, DNHS Athletic Office, or to Coach Ron no later than
Tuesday, May 28 @ 4:00 PM (You will not be allowed to tryout if your packet is late!)

ALL CHEERLEADING APPLICANTS

- Distribute three Teacher Evaluation Forms (these forms are confidential), included in this packet as follows. Forms delivered with packet, via student or parent will be void.
 - One form to your Math teacher.
 - Second form to your English teacher.
 - Third form to an additional teacher of your choice.
- Teachers are to turn in the completed evaluation forms directly to Cosette Marolt at DNHS or send them to Cosette Marolt @ DNHS via district mail by May 28th.
- **ALL students must provide a current and completed physical and athletic packet** (downloaded from the DNHS website) with the application no later than May 28th, or applicant will be ineligible to participate in workshops and tryouts. (If you had a physical last year in June through the District, you are covered through tryouts.)
- Application, cheer contract, parent permission, completed physical and athletic packet, and a copy of your Tri 2 Report Card or Tri 3 Progress Report are due to Coach Ron Buccat, Del Norte High School, no later than 4 p.m. on May 28th.
- Cheer Workshops are May 31, June 3, 4. Workshops are closed to everyone except applicants who have applied and are trying out for cheer. *No parents, friends, etc. will be allowed in or around the gym.
- FINAL CUTS will be held on Wednesday, June 5th from 5 pm – 9 pm. Cheer tryouts are closed. No family, friends, etc. are allowed. **JUDGING AND SCORES ARE CONFIDENTIAL AND FINAL.** Material for tryouts will be taught at cheer workshops.
- Notification of the cheer squads for the 2019-2020 school year will be announced by Thursday, June 6th by 7:00 am. The list will be posted on the Administration window at DNHS.
- FIRST MEETING OF THE NEW SQUADS – Thursday, June 6th in the DNHS Cheer Room. We will be introducing the team and going over calendars. All squads (Varsity, JV) will meet from 4:30 – 5:30.
- FIRST MANDATORY PARENT MEETING for all 2019-2020 cheer parents – Thursday, June 6th from 6:00-7:30 (**Checks for camp of \$550 will be due at this first parent meeting**)
- CHEER CAMP – July 22-25 @ Great Wolf Lodge in Garden Grove. Attendance to cheer camp is highly recommended.

**DEL NORTE HIGH SCHOOL CHEER
2019-2020 TEACHER RECOMMENDATION FORM**

Students should give one form to their MATH teacher, ENGLISH teacher,
and another teacher of their choice.

Name of Cheer Candidate: _____

Teacher's Name: _____

Teachers,

Thank you for taking the time to complete this form. The student listed above is trying out to be a cheerleader at Del Norte High School. Since academics, attitude, personality, and character are important to our cheerleading squad, I would like your assistance.

This rating will be an important part of the student's evaluation for a cheerleading position. Consider each individual category carefully before rating the student on the following scale.

Unsatisfactory=1; Fair = 2; Satisfactory = 3; Good =4; Excellent = 5

Does this student cooperate well with other students and teachers?	1	2	3	4	5
Is the candidate responsible in your classroom?	1	2	3	4	5
Does the candidate have good attendance?	1	2	3	4	5
Is the candidate helpful in class?	1	2	3	4	5
Does the candidate show respect for authority?	1	2	3	4	5
Does the candidate show a positive school attitude?	1	2	3	4	5
Is the candidate sensitive to others and aware of the needs of others?	1	2	3	4	5
Would this candidate be a good role model for the DNHS cheer squad?	1	2	3	4	5

***Additional comments are appreciated. (Please use back if necessary)**

Teachers Signature

This information will remain CONFIDENTIAL.

All candidates receive points from these evaluations. Your time and cooperation are greatly appreciated.

RETURN THIS FORM: Attn: Ronald Buccat

DNHS Mailbox or via District Mail to DNHS, no later than **Tuesday, May 28, 2019**

Any evaluation forms returned by student/parent will be considered void.



Spirit on the Course
Competition

Cheerleader Release Form

First & Last Name: _____

Address: _____

City / State / Zip: _____

Emergency Name: _____

Emergency Phone: _____

Organization Name: _____ Age: _____

Waiver (Must Be Signed):

ALL PARTICIPANTS IN MARATHONS, EVENTS AND ROAD RACES OF OTHER DISTANCES CONDUCTED BY COMPETITOR GROUP AND THEIR RELATED EVENTS ("EVENT") ARE REQUIRED TO, AND HEREBY DO, ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT: The undersigned volunteer ("Volunteer") on behalf of himself/herself and on behalf of Volunteer's personal representatives, assigns, heirs, executors, and successors hereby fully and forever releases, waives, discharges and covenants not to sue Competitor Group, Inc., and its affiliated companies and charities, the host city(ies), county and state, USAFP, any and all municipal agencies whose property and/or personnel are used or in any way assist, all sponsoring or co-sponsoring companies or individuals related to the Event, together with their officers, directors, shareholders, successors and assigns, (collectively "Releasees") from all liability to the Volunteer and his/her personal representatives, assigns, heirs, executors, and successors for any and all loss(es), damage(s) and any and all claims or demands therefore, on account of injury to Volunteer, his/her property or resultant death, whether caused by the active or passive negligence of all or any of the Releasees or otherwise, in connection with Volunteer's participation in the Event. Volunteer represents and warrants that he/she is in good physical condition and is able to safely participate in the Event. Volunteer is fully aware of the risks and hazards inherent in participating in the Event and hereby elects to voluntarily participate, knowing the risks associated with the Event. Volunteer hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the Event. Volunteer agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. The volunteer hereby grants to the medical director(s) of the Marathon and his or her agents, affiliates and designees, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. The volunteer warrants that all statements made herein are true and correct and understands that Releasees have relied on them in allowing Volunteer to participate in the Event. VOLUNTEER HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT. IF VOLUNTEER IS UNDER AGE 18 HIS/HER PARENT OR GUARDIAN MUST SIGN THIS RELEASE AND WAIVER AGREEMENT. Volunteer's Parent or Guardian's signature above certifies that my son/daughter/ward has my permission to participate in the Event. Volunteer's Parent/Guardian has read and understands the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT (above) and by signing intentionally and voluntarily agrees to its terms and conditions.

Signature of Volunteer	Date	(Signature of Parent if under 18)	Date
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IF VOLUNTEER IS UNDER AGE 18: The signature certifies that my son/daughter has my permission to participate in the Marathon Spirit on the Course Competition. The signature has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT and by signing above intentionally and voluntarily agrees to its terms and conditions. The signature further certifies that my son/daughter is in good physical condition and is able to safely participate in the Competition. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.

**Del Norte High School Cheer Schedule 2019-2020
(Through Football Season)**

- May 13, 15, 20, 22: Optional cheer workouts 4:30-6:30
- May 27: Tryout packet due by 4:00pm
- May 30: Physical Night (Ticket To Play)
- May 31: First day of tryouts, 4:30-7:30
- June 2: Rock n Roll Marathon / 6:00am-11:00am
- June 3: Second day of tryouts, 4:30-7:30
- June 4: Mock tryouts, 4:30-7:30
- June 5; Final Cuts, 5:00-9:00
- June 6: First team meeting 4:30-5:30 / Parent Meeting 6:00-7:30 (Camp payment of \$550 due)
- June 10: First Practice
- June 12: Uniform Fitting 4:30-6:30 (Uniform payment to Varsity)
- June 17 - July 7: Time Off / Optional practice
- July 8: Official start of summer practices / 1st payment \$152
- July 8, 10, 15, 17: Summer practices, 4 - 6:30
- July 22 – July 25: Summer camp @ Great Wolf Lodge Garden Grove
- August 5: Official start of practice & 1st day pep rally
- August 7: 2nd payment \$152
- August 10: Annual Beach Party (Location TBD)
- September 4: 3rd payment \$152
- October 2: 4th payment \$152
- November 6: 5th payment \$152
- December 4: 6th payment \$152
- January 8: Final payment \$152