

EAST COWETA CHEERLEADING TRYOUT LETTER AND APPLICATION 2021

Dear Parent/Guardian,

Your child has expressed an interest in cheerleading at East Coweta High School. We will have a **mandatory VIRTUAL parent meeting on March 3rd at 6:00 pm** (the link to join will be posted on our website as well as social media pages) to go over required paperwork and for parents to have a chance to ask any questions they may have for the cheerleading coaches prior to tryouts. Please use www.echscheer.com to refer to any information and forms given out as well as the TENTATIVE ECHS cheerleading calendar.

The number of cheerleading teams offered each year is determined by the East Coweta Cheer coaching staff and depends on the skill levels of candidates, number of candidates trying out, and the availability of coaches. This tryout is specifically for those interested in trying out for the JV and Varsity Football Sideline/Competition teams at East Coweta. JV will consist of NO MORE than 20 members in grades 8th-12th. Varsity will consist of NO MORE than 20 members in grades 9th-12th. **Tryouts for these 2 squads will be the week of March 29th – April 2nd from 3:45-6:00, with the exception of Friday which will be until 7:00 pm, in the “Old Gym” at East Coweta High School.** We will have cuts on Wednesday if needed. Attitude, cooperativeness, and candidate’s willingness to work hard will also be observed during the tryout. **TRYOUT MATERIAL HAS BEEN POSTED ON OUR WEBSITE & GOOGLE CLASSROOM!** The candidates are responsible for learning this material on their own. We will review the material during tryouts but will not be teaching it.

We are looking for candidates who will represent East Coweta in a positive manner and who will work cooperatively as a team. Please also understand that candidates chosen will be placed on teams based on their “overall score.” Tumbling is not required, but is a skill that coaches will be looking for. Tumbling is on the GHSA scoresheet in order for a team to max out in a routine. Our coaching staff will be evaluating candidates all week on tumbling and stunts. Outside judges will be brought in for the final evaluation on Friday. One of the coaches will also be sending out a mass email to the appropriate schools with a list of candidate’s names in order to receive teacher evaluations for each cheerleader. Teachers will be asked about the candidate’s effort in class, attendance, attitude and cooperativeness. Teacher evaluations are confidential and will not be discussed with a candidate or their parent/guardian. Please understand that teacher evaluations can play a big role as to whether a cheerleader is placed on a team regardless of skill level. The top 3 evaluations from the candidate’s teachers will be included in their scoresheet.

The Georgia High School Association (GHSA) has sanctioned cheerleading as a sport and it will be treated as such by East Coweta High School. To be eligible to try out for a position on a cheerleading team, candidates must be academically qualified and on track for graduation. They must also have the following completed: **current physical, Emergency Medical Treatment form (must be notarized), Tryout Application, and the constitution permission form.** All other paperwork needs to be completed online through Dragonfly Max. All paperwork is due on the first day of tryouts. (Please read each carefully and sign/date all appropriate areas), If you have a current physical that will not expire before tryouts you will need to provide a copy of that physical. **Students that are at ECHS and have a physical on file will be checked prior to tryouts by the athletic office.**

Cheerleading requires a tremendous amount of time, effort, and financial responsibility. Included in this packet is an estimate of costs that should be considered prior to tryouts. Fundraisers will be organized to try to offset costs. Schoolwork is top priority and therefore candidates should consider whether or not they will be able to handle a rigorous schedule of cheerleading practice and events along with his/her schoolwork. All squads require a year-round commitment. There are activities that are required before/after your season. Your duties as an ECHS cheerleader are not complete until tryouts for the next season.

During the season, it is possible that practices and events will be held up to six days a week (sometimes at 7:00 am), and practice may fall during holidays. Other activities, fundraisers, and conditioning will also be held during the summer. All dates will be provided as soon as possible. Please check the calendar posted on our website for the most current information regarding dates that have already been set for this year. As with any successful team, it is imperative that each member attend all practices and events. Not attending practices and events could result in not being able to participate in upcoming events, benching, extra conditioning or removal

from the squad. Please take this information into consideration before making the decision to commit to high school cheerleading. Thank you for your interest in East Coweta Cheerleading. We are looking forward to a successful season. Please feel free to contact us if you have any further questions.

JV/Varsity Details:

- Approximately 20 members (16 cheerleaders MAX will make mat on competition; the rest will be alternates)
 - 4 flyers
 - 8 bases (with one base who can also fly in basic straight up stunts)
 - 4 backspots (with one being a possible flyer if needed for basic stunts)
- We will have 4 alternate positions:
 - We prefer these to make a stunt group
 - Tumbling is preferred but not required
 - To hold an alternate position, you need to be a very well rounded cheerleader who stands out in showmanship, performance, sideline motions, and excellent jumps.
 - **VARSITY ALTERNATES MAY COMPETE ON JV COMPETITION IF COACHES CHOOSE!**

Varsity Expectations:

- Very spirited and strong motions/jumps
- Jumps: All jumps must be connected – Hurdler, Pike, Toe-Touch
- Standing Tumbling: Tucks and/or Standing BHS Tucks are preferred to make mat
- Running Tumbling: Rd-Off Tuck and/or Rd-off BHS Tuck/Layout or higher; Fulls are preferred to make mat
- Flyers: You will be required to do a straight up, single-leg stunt where you will have to pull all 4 flexibility skills in the air (scorpion, scale, heel stretch, & bow-and-arrow) to be considered to make mat
- Bases and Backspots: Advanced experience with switch-ups and full-ups
- Males: Required to do a walk-in single base press unassisted

JV Expectations:

- Very spirited and strong motions/jumps
- Jumps: All jumps must be connected – Hurdler, Pike, Toe-Touch
- Standing Tumbling: BHS and/or Standing Tucks preferred to make mat
- Running Tumbling: Rd-off BHS and/or Tucks or higher preferred to make mat
- Flyers: You will be required to pull a heel stretch and scale on the ground
- Bases and Backspots: Advanced experience and knowledge of straight up, single-leg stunts and straight up extensions

Please let us know if you have any further questions.

Sincerely,

Jodi Guess (jodi.guess@cowetaschools.net)

Head Cheerleading Director, Head Varsity Competition Coach, Varsity Sideline Assistant Coach

Kelley Rosales (kelley.rosales@cowetaschools.net)

Head Varsity Sideline Coach, Varsity Competition Assistant Coach

Kaylee Brewer (kaylee.brewer@cowetaschools.net)

Head JV Competition Coach, JV Sideline Assistant Coach

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Head JV Sideline Coach, JV Competition Assistant Coach

** Information and forms are posted on www.echscheer.com -- If you have been to our website before, make sure you REFRESH your screen to update the site **

EAST COWETA HIGH SCHOOL CHEERLEADING

Application/Candidate Information- For Football/Competition Squads (Varsity and JV)

Name _____ Parent/Guardian(s) _____

Address _____

Home Phone # (or parent cell) _____

Parent Contact Info: (please list email address) _____

Upcoming Grade _____ School Presently Attending _____

No candidate will choose what squad (JV/Varsity) they will tryout for. Coaches will decide what squad a candidate will participate on. JV/Varsity will consist of members in all grades 9th-12th grade with the exception of candidates in the 8th grade (2021-2022 school year) who will only be allowed to participate on the JV squad due to GHSA rules.

Please check which tumbling skills you plan on doing at tryouts **without** a spot:

Standing:

Back Handspring _____ Standing Tuck _____ Hand-Hand Layout _____ Hand-Hand Full _____

Running:

Rd off BHS _____ Rd off Tuck _____ Rd off BHS Tuck _____ Rd off BHS Layout _____

Rd off BHS Full _____

Check your position if you have experience:

Main base _____ Side Base _____ Back Spot _____ Flyer _____

***MEDICAL INFORMATION (Please list medical problems/allergies/injuries):**

I grant permission for my child to try out for cheerleading at East Coweta High School. I have been informed of the rules, commitment expectations, and risk of injury. I understand that my child will be evaluated at tryouts by the cheerleading coaches and agree to abide by their decisions. I believe my child to be in proper physical condition to be involved in cheerleading and agree to sign an insurance/consent form and obtain a physical from a doctor to substantiate same.

Parent/Guardian Signature _____

I understand the eligibility criteria, rules, physical expectation, and commitment expectations involved in cheerleading. If selected as a cheerleader for East Coweta High School, I agree to abide by the rules as set forth by the school and coaches.

Candidate Signature _____