



Welcome to Seminole High School cheerleading for 2018 Football Season

Coach: Mrs. Tiffany Rasmussen

Contact Email: rasmussent@pcsb.org

Please feel free to contact me with any questions.

Paperwork

Must be COMPLETED by **Wednesday, May 23rd** and turned into the Front Office (ATTN: **Tiffany Rasmussen**), if there is no paperwork, you may not tryout. Please plan accordingly.

- Athletic Packet (don't forget to get Page 4, NOTARIZED) (<https://tinyurl.com/shs18cheer>)
- School Physical (good for one year)
- Proof of School Insurance (may purchase by going to <http://tinyurl.com/schoolinsurance>)

Tryout Dates

Location: Basketball Gym

Clinic: Tuesday, May 29 – Wednesday, May 30 – 8-10am

Must wear: Sneakers, appropriate shorts, shirt, hair pulled back, NO JEWELRY - no taping belly button rings, they must be removed.

Please bring water

Final Tryout: Thursday, May 31st – 8-10am

Tryouts will start at 8am, if you are not present or not dressed properly when your number is called; you will not be able to try out.

Must wear: Plain white t-shirt, sneakers, socks, plain black or green shorts

Hair pulled back with a bow :: Try out number :: NO JEWELRY

Tryout Information

Juniors and Seniors will be trying out for the Varsity squad.

Freshman and Sophomores will be trying out for the Junior Varsity squad.

Academic Requirements

- Must maintain at least a 2.0 GPA
- Clean/good disciplinary record-3 or less *minor* infractions, nothing major, i.e. stealing, drug use, bullying, etc.
- Both will be confirmed with administration

You will be judged by two certified cheerleading judges at tryouts

You will be judged on the following:

Overall Technique

- Cheer, chant, dance – will be taught at tryouts
- Motions, voice, sharpness, precision, leadership, spirit, rhythm, ability, timing

Jumps

- Required: toe-touch
- One optional jump: hurdler, double toe touch, pike, etc.
- Height, technique

Tumbling Pass

- Level of difficulty, technique, execution
- Remember, a nice cartwheel looks better than a sloppy back handspring.

Showmanship

- Knowledge of routines
- Energy/Enthusiasm/Spirit
- Attitude
- Appearance
- Dependability

General Information

Tryout results will be posted outside on the front door of school at **12pm** on **Thursday, 5/31**.

If you make the team – there will be a team meeting on Monday, June 4th in B-2 from 8-10am. The cheer fee for the 2018 Football cheer team is \$250. (This can be fundraised – more details to come at tryouts)

Please be aware:

Please see calendar on the back. Make sure you will be able to participate accordingly.

☺ Varsity/JV practices will be held on designated dates out on the football field/track immediately following school from 2-3:30. Please bring water!

☺ Varsity games: are on Friday nights. Home games girls are to arrive at school no later than 6pm, away games times will vary.

☺ JV games: are on Thursday nights for home games girls are to arrive at school no later than 5:30pm.

Away games: Arrangements will be made for the cheer team to make it to away games. Details TBD.

The Fall Cheer fee is \$250 – this includes:**

- :: Uniform Rental
- :: 4 shirts (Pink Out/Cheer (ALL)/Team Individual/Team Long Sleeve)
- :: Practice Tank/Shorts
- :: Spirit Socks
- :: Bows
- :: Camp (Dates TBD)
- :: Spirit

*** this fee can be fundraised and more details will be given at tryouts and first meeting.*

Remaining spirit/camp wear may be purchased where you prefer, here is the criteria to follow:

- Cheer shorts (Soffe is preferable but not necessary) - must be solid black
- Bloomers- black
- Cheer shoes- white
- Bows- will be purchased as a squad, the purchase will be led by the captains
- Socks- white

I am looking forward to a wonderful cheer year ahead!! If you have any questions please contact Coach Rasmussen (Raz) @ rasmussen@pcsb.org.