

# Spartan Cheer Tryout Packet

*Revised July 2023*

## **INFO SHEET**

Thank you for your interest in trying out for Spartan Cheer and the Spartan Spirit Club! This is just the beginning of a valued relationship between you and Stanwood High School activities and athletics. Before you make the decision to prepare yourself for tryouts, please read this packet thoroughly, become familiar with its contents, and follow directions carefully. Please share this information with your parent/guardian and obtain their permission before being eligible to try out.

## **Tryouts**

Tryouts for the Fall cheer team will be held in March. Tryouts for the Winter cheer team will be held in September. Any athlete who makes the Fall team who also wants to be on the Winter team will need to try out again in Sept. Being on the Fall team does not guarantee anyone a spot on the Winter team. Tryouts are open to anyone enrolled in the Stanwood-Camano School District who will be in grades 9-12 for either season. Follow the directions when completing tryout paperwork.

## **Tryout Prep**

Please be punctual. No jewelry whatsoever (not even hairbands on your wrists or woven anklets), no gum, no phones. Please wear shorts and a t-shirt suitable for a workout and cheer shoes if you have them (not required) or other athletic shoes. Hair should be pulled back out of your face and hair long enough to touch your shoulders needs to be fully pulled back in a secure pony. Nails need to be shorter than the ends of your fingers. Fall Cheer tryouts will result in a Varsity team with alternates and Winter Cheer tryouts will result in a Varsity and a JV team.

## **Philosophy & Mission**

**Philosophy:** Being a part of a mission-driven cheer team will change your life. You will gain confidence, learn how reliability impacts those around you, understand the power of kindness, benefit from efficient time-use and reap the rewards of hard mental/physical/emotional work. Everything I do as your coach is working toward those lessons you learn. I want to leave the world a better place by having improved YOUR future lives!

**Mission:** Spartan Cheer has 3 missions. One is to provide leadership in the areas of activity support and school spirit. Cheerleaders are highly visible and therefore represent our school community at all times and especially when in uniform. The almost-limitless power of positivity has been proven - we are here to make a significant

impact in our Spartan culture! The second mission is to prepare cheerleaders for a potential future in the finally-recognized-Olympic-sport of competitive cheerleading and/or on a postsecondary education cheer team. The third mission is to work toward building a WIAA school competition cheer team.

### **Fall Cheer Schedule**

March: Tryouts

April: Uniform Sizing and Spartan Cheer Family Meeting

May-June: After school practice mandatory for Fall Cheer and optional for Winter Cheer Candidates - every T/W/Th 2:30-5pm

Summer TBD: Cheer Camp

August First Week: Stanwood Camano Fair Practice and Parade

August TBD: Spartan Cheer Family Concession Planning Meeting

August Third Week: Fall Cheer Season Officially Starts! Practice will be every day M-Th 2:30-5pm except on game/meet/match days with football games every Friday. First football game around Sept 1.

### **Winter Cheer Schedule**

September: Tryouts and Uniform Sizing

November TBD: Spartan Cheer Family Concession Planning Meeting

November Second Week: Winter Season Officially Starts! Practice every day M-F 2:30-5pm except on game/meet/match days. First basketball game around Dec 1.

### **Fall Alternates**

Alternates will be sized for varsity uniforms, be included on the roster, travel with the varsity team and suit up to perform when required. Alternates are responsible for the same minimal fees and personal uniform items as regular members. They will attend all practices and events and will replace absent varsity members in cheer and dance formations, tumbling and stunt groups. Alternates will letter at the end of the season at the coach's discretion. Commitment, attendance, attitude and improving skill level will be determining factors.

### **Winter JV Cheer**

We will form a JV Cheer team in September for Winter Cheer. JV Cheer team members will provide alternates to move up to Varsity Cheer when needed to replace varsity team members in cheer and dance formations, tumbling and stunt groups. JV Cheer will not travel and will primarily cheer for home JV girls' and boys' basketball games. They will be sized for JV uniforms and be responsible for the same minimal fees and personal uniform items as the Varsity Cheer.

## Uniforms

Skirts, shells, poms and backpacks will belong to the Spartan Spirit Club. Liners, briefs, socks and shoes will be purchased by each member of the cheer team. Other items will be purchased as needed from available funds.

## Cost

- ★ Liners, briefs, socks and cheer shoes will need to be purchased by each cheerleader. Financial assistance is not available for these take-home personal items.
- ★ Summer Cheer Camp may incur a minimal cost but every effort will be made to fund cheer camp through Stanwood AAAA Booster Club fundraisers throughout the year.
- ★ Cheer is a play-to-participate sport. Fees are \$100 each season (Fall and Winter) and are payable by check or cash to the SHS Office. All Spartan athletes also need to purchase an ASB card for \$40 before the first game. Fall fees need to be paid the first week of school in September. Please inquire at the SHS office for financial assistance regarding these 2 fees (pay-to-participate and ASB card).

## Fundraising

**Concession Stand:** Spartan Cheer exclusively runs the SHS concession stand at all home varsity football and basketball games. It is staffed by cheer families and is usually very profitable. Concessions fund take-home uniform items, seasonal supplies, camp and post-season travel. All cheer families should expect to work required minimum concession shifts throughout the season and if unable, to please contact the coach to possibly make alternate fundraising plans. Family members will need to join the Stanwood AAAA Booster Club before working in the concession stand. We will hold a football concession planning meeting in August and a basketball concession planning meeting in November that all families should plan to attend. Supporting this fundraising effort is vital to the overall Spartan Cheer function. It will allow us to keep cheer costs low and to avoid smaller, time-intensive and less-efficient fundraising efforts. It is a privilege to get the concession stand over other community and school fundraising efforts - Spartan Cheer hopes to maintain exclusive access through good management.

**Little Cheer:** The Spartan Spirit Club runs a Fall and Winter Little Cheer Clinic for the community. The clinic takes two days: day one to learn a dance and cheer, day two to perform at halftime of a varsity game. Family volunteers will be needed to donate snacks and to help supervise the little ones for these fun family-friendly events!

## Commitment

Varsity cheerleaders should display a commitment level equal to other varsity athletes at SHS. This means that ALL practices and events are mandatory while in season. If a

cheerleader misses a practice or an event for any reason, including sickness, they will be replaced that day with an alternate. Missing a uniform item/poms or having an unexcused absence or tardy from any class periods on event days will result in being replaced that day. After a cheerleader has been replaced twice in a season for non-sickness or thrice for sickness, the alternate will be moved up and the original varsity member will become an alternate. Please consider your level of commitment BEFORE you try out. If you have a conflicting (or even partially conflicting) sport, activity, health issue or job, you will not be able to offer your teammates the consistency needed for safely and efficiently building routines and stunt sequences. If your grades will suffer from participating in cheer, please consider another activity that has a lower or more flexible time commitment. The cheerleaders that finish the season (including the possibility of postseason) on the varsity team will earn a varsity letter.

### **Examples**

The following is a sample list of reasons that are NOT considered valid excuses for missing part or all of an in-season practice or event:

- ★ Family birthday
- ★ SAT/ACT/PSAT/ASVAB or similar (take it in the spring or August)
- ★ Non-emergency medical/dental/orthodontic appointment
- ★ Cosmetic appointment
- ★ Job couldn't change schedule
- ★ Non-SHS sport or activity schedule conflict
- ★ Don't have a ride
- ★ Need to study for a test or do homework
- ★ Didn't know when the practice/event started or was scheduled
- ★ Family vacation (this sounds harsh but imagine a starting member of the varsity football/basketball/volleyball/wrestling/any other Spartan varsity team taking a vacation while in-season, then remind yourself that cheerleaders earn the same varsity letter)

The following is a list of reasons that ARE considered valid excuses for missing a part or all of a practice or event:

- ★ Medical emergency or injury
- ★ Sickness
- ★ Significant family event (like a wedding or graduation - please discuss with the coach immediately upon learning of the conflict)
- ★ SHS spring sport or activity (only on days and times of actual conflicting practice, concerts, plays or events - please let me know if they conflict for the May/June practices and I will confirm with your spring coach or advisor)

Fall team: if you know already you might need to miss any part of pre-season (spring/summer), please contact [mtenhoopen@stanwood.wednet.edu](mailto:mtenhoopen@stanwood.wednet.edu) before tryouts.

### **Communication**

Cheerleaders must have high communication and organization skills. Our Spartan Cheer Google Classroom and your school email will be used for all team communication. You will be responsible for all schedules and information posted in the Classroom. Last-minute schedule changes during the regular season will be kept to a minimum but should be expected postseason.

### **Grades & Eligibility**

Academics are important - you must be passing all of your classes at all times. Grade checks are run regularly by the SHS Athletic Office and if you are ineligible, you will be replaced by an alternate. Weigh your academic needs against your commitment to Spartan Cheer and if you suspect that being on the varsity team will take too much of your time to still be successful academically, please do not try out.

### **Daily Attendance**

The SHS Athletic Office runs a daily Skyward attendance check that is sent to all coaches. Being late or absent from any of your 6 classes without being excused will result in you being replaced that day. If you like to cut it close by sleeping in and/or sitting in a coffee line, please reconsider your commitment to Spartan Cheer.

### **Practices & Games**

Practices will usually take place after school, but practices may be added or cut at various times throughout the seasons, including potential morning practices. We will cheer at home fall sporting contests and both home and away varsity football games on Friday nights during Fall Cheer. We will cheer at home winter sporting contests and for both girls' and boys' varsity home basketball games during Winter Cheer. Basketball games will take place on various weeknights and weekends. If the football team or either basketball team goes to the postseason, Varsity will cheer at those home and away games as well.

### **Stunting**

Stunting is a privilege, not a given. A cooperative attitude and complete focus is required for safe and successful stunting. If these are not maintained, stunting privileges will be revoked. If stunts are not being executed safely, or not consistently hit successfully, they will not be performed at events. Your position in a stunt group will be based on where the team needs you most and what will produce the best stunting results for the team as a whole. You may not demonstrate a negative attitude about the position or group you are assigned to.

## **TRYOUT PROCEDURES**

### **Candidate Checklist**

1. Email Coach ten Hoopen ASAP at [mtenhoopen@stanwood.wednet.edu](mailto:mtenhoopen@stanwood.wednet.edu) if you are new to Spartan Cheer to get on the emailing list.
2. Complete ALL paperwork requirements by the deadline.
3. Attend in-person tryout.

### **Paperwork Requirements Checklist**

- Tryout Application Form incl. all essay questions (pg 10 - return to SHS Athletics)
  - Guardian Signature Sheet (pg 11 - return to SHS Athletics)
  - Complete online registration through FinalForms
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# **Stanwood High School**

## *Spartan Cheer Code of Conduct*

### **GENERAL REQUIREMENTS**

1. Be enrolled as a student, grade 9-12, in the Stanwood-Camano School District
2. Be passing all classes throughout the entire season
3. Maintain excellent attendance in all classes and no detentions
4. Follow the attendance policy for cheer practices and events
5. Have a good attitude

### **RESPONSIBILITIES**

1. Cheer at home and away contests as required. Events are scheduled in advance; attendance and punctuality are mandatory.
2. Participate in all practices.
  - a. Practice is a lot of work. Bring your best attitude!
  - b. Wear appropriate workout clothes, hair pulled back, no jewelry and short nails.
  - c. Communicate early if you have anything you need help with to be successful.
3. Obey all school rules, activity guidelines, WIAA codes, and attendance policies.

### **BEHAVIOR GUIDELINES**

Behavior unbecoming of a cheerleader will be dealt with by the coach and may also include intervention by an administrator. Examples of unbecoming behavior: disrespect to the coach, a fellow cheerleader, staff member, parent, or other adult; smoking, vaping, drug/alcohol use; fighting; tardiness or unexcused absences; inappropriate social media content; actions resulting in detention/suspension; or other behaviors deemed unbecoming by the coach and/or an administrator and those found in the Athletic/Activities Code of Conduct.

Cheerleaders will receive notice of infraction(s). The first infraction will result in verbal notification and replacement for the day. The second will result in written documentation to parent/guardian and an administrator as well as another replacement, which will mean becoming an alternate. The third will result in written documentation and permanent removal from the varsity team for the rest of the season. If removed from the team for cumulative behavior infractions, the removed cheerleader will not become an alternate. The seriousness of the infraction will have an effect on the consequences. Drug/alcohol infractions will be dealt with according to Stanwood High School, Stanwood Cheer and WIAA guidelines.

## **CELL PHONES**

Cell phone use is prohibited during all practices and games, including during warm-ups and half times. One warning will be issued. Repeated offense will result in replacement by an alternate. If there is a reason to have your phone on during a practice such as for family emergencies, then please talk to the coach before the practice or event.

## **EVENT EXPECTATIONS**

- 1. All cheer events—practices, games, & scheduled activities—are to be a priority above jobs and other outside sports/activities.** Meetings for clubs and activities, or practices for non-school sports that take place during our seasons are not an excuse to miss any cheer event. Unfortunately, this also means that participating in marching band and cheer during the same season is not an option because times directly conflict.
2. The squad must be in full uniform.
3. Squad members must be on time for pre-game practice.
4. Jewelry of any kind is not to be worn. **Do not get a new piercing if it will not be able to be taken out for cheer.** Apple watches are not to be worn either.
5. Fingernail polish (except clear and traditional French manicure) and acrylic nails are not allowed in-season, and nails must be kept short (not visible above finger tips).
6. Hair must be worn off the shoulders at all games and practices unless told otherwise.
7. Squad members must not use inappropriate language, especially while in uniform.
8. Squad members should never leave the field or floor unless an emergency occurs.
9. Squad members will not be involved in a fight or any form of altercation.
10. The squad will refrain from taking food, drink (water is OK), or gum to the field or floor.
11. If unable or unskilled to participate in a particular cheer element, the squad member must move away from the performing squad and remain still until the performance is complete.
12. Squad members must be at every scheduled event unless otherwise cleared.

*These are WIAA rules and will be enforced.*

## **ATTENDANCE POLICY**

The attendance policy is based on an alternate replacement plan. It is subject to flexibility only in extreme or emergency cases. If you need to be replaced twice for any absence or thrice for

sickness, your alternate will take your place as the varsity team member and you will become an alternate.

### **Tardiness: 1 Replacement**

Members who are more than 5 minutes late for any practice or event will be replaced for the day. “Late” includes not being suited up and ready to practice. Plan ahead to be early!

### **Unexcused Absence: Automatic Alternate**

Missing a practice or event without following the notification procedure below is unacceptable, and will result in the varsity team member becoming an alternate.

### **Notification Procedure**

In general, all issues, conflicts, and/or absence requests between team members and the coach should be submitted to the coach in writing through email or our Spartan Cheer Google Classroom. Squad members must follow this procedure when notifying the coach of any problems, conflicts, or non-emergent absences: In writing, **at least one week prior to absence.**

### **Consequences:**

Members replaced by alternates **are still required to be at all cheer practices and performances.** Consistent attendance and a good attitude as an alternate will give you another chance to earn a varsity letter. A good attitude and commitment will result in lettering regardless of time spent as an alternate.

### **Due Process:**

Members who have been replaced can meet with the coach and possibly an administrator to review the member’s dedication to the program. The coach may take any action up to and including dismissal from the program.

Members who wish to appeal any decisions regarding attendance or any other issues will do so in writing as follows: submit a letter of appeal to the coach within one week of the decision in question. If the problem is not resolved, the member may submit a letter of appeal to the administrator to whom the coach reports. The administrator’s decision will be final. Failure to abide by this process will be considered a serious breach in the chain of command, and the member’s position on the squad will be in jeopardy.

## **LETTERING**

All cheerleaders finishing the season (including postseason if it happens) that are suiting up and performing on the varsity team will letter. Alternates will letter at the coach’s discretion. Commitment, attendance, attitude and improving skill level will be determining factors.

## **SAFETY GUIDELINES**

1. Wear sturdy athletic shoes and comfortable clothing.



2. Do not overexert when experiencing pain.
3. Do not practice when injured.
4. Immediately report any head injury to your coach.
5. Concussion procedures and return-to-play protocol will be strictly followed.
6. **Tumbling and stunting are only allowed when the coach is present.**
7. Tumbling skills and stunts may only be performed after qualifying with the coach's approval.
8. Each practice must begin with no less than 10 minutes of stretching and aerobic activity.
9. Jewelry is strictly prohibited.

Cheerleading at Stanwood is an important part of the high school culture. Much responsibility is placed upon those who become cheerleaders, requiring a strong commitment to the betterment of school spirit, to the cheer team, and to pride and unity in the greater Spartan community. It is an honor and a privilege to be a part of Spartan Cheer. I expect my cheerleaders to be exemplary!

While I have tried to provide as much information as possible in this packet, I'm sure you may have questions. Feel free to contact me via email at: [mtenhoopen@stanwood.wednet.edu](mailto:mtenhoopen@stanwood.wednet.edu)

Best of luck,  
Morgen ten Hoopen  
Spartan Cheer Coach  
[mtenhoopen@stanwood.wednet.edu](mailto:mtenhoopen@stanwood.wednet.edu)

### **Nondiscrimination Statement**

The Stanwood-Camano School District does not discriminate in employment, programs, or activities on the basis of age, creed, religion, race, color, national origin, sex, marital status, sexual orientation including gender expression or identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Affirmative Action Officer and Civil Rights Compliance Coordinator, Maurene Stanton, or the Section 504/American Disabilities Act Coordinator, Robert Hascall, Stanwood-Camano School District, 26920 Pioneer Hwy, Stanwood, WA 98292. Telephone: (360) 629-1200

# Spartan Cheer Tryout Application Form

(Please return to SHS Athletic Office)

Name \_\_\_\_\_ Current Grade \_\_\_\_\_

Student Cell \_\_\_\_\_ Current School \_\_\_\_\_

Are you currently employed? If so, where? \_\_\_\_\_

What is your highest level tumbling skill? \_\_\_\_\_

Do you have any stunting experience? Which position(s)? \_\_\_\_\_

Will you accept a position as an alternate or on JV if you do not make varsity?    Yes    No

Please list your current grades (if available) and class schedule:

	Grade	Teacher	Class
Period 1	_____	_____	_____
Period 2	_____	_____	_____
Period 3	_____	_____	_____
Period 4	_____	_____	_____
Period 5	_____	_____	_____
Period 6	_____	_____	_____

## Essay Questions:

Please type or print complete responses to the following items on another sheet of paper and **staple or clip to this application.**

### *NEW CANDIDATES ONLY:*

1. Why are you trying out for Spartan Cheer?
2. What do you think will be your biggest contribution to the team?
3. Describe a struggle in your life and how you overcame it or are working to overcome it.

### *SPARTAN CHEER RETURNERS ONLY:*

1. What did you personally contribute to Spartan Cheer last year or last season?
2. What are the most important traits of a good leader?
3. Explain the impact of Spartan Cheer leadership in the school and in our community.

# Spartan Cheer Guardian Signature Form

(Please return to SHS Athletic Office)

Cheer Candidate Name: \_\_\_\_\_

**When you have thoroughly reviewed the policies and content within the Cheer Tryout Packet (available online at Stanwood High School / Athletics / Fall or Winter Sports / Cheerleading) and agree to abide by them, please indicate you have done so by initialing and signing below.**

	Candidate (initials)	Guardian (initials)
Info Sheet:	_____	_____
Tryout Procedures:	_____	_____
Code of Conduct:	_____	_____
Responsibilities	_____	_____
Behavior Guidelines	_____	_____
Cell Phones	_____	_____
Event Expectations	_____	_____
Attendance Policy	_____	_____
Lettering	_____	_____
Safety Guidelines	_____	_____

Candidate Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_