

# Omak High School Cheer Program 2020-2021 Cheer Packet



Please return cheer packets to the Cheer Advisor by  
appointment no later than May 29th, 2020

## **2020-21 OHS Virtual CHEER TRYOUTS**

Dear Candidate and Parents,

This year because of the coronavirus and social distancing we are doing a virtual cheer tryout. If you have any questions about the process of this please feel free to email me at [smcclellan@omaksd.org](mailto:smcclellan@omaksd.org). I am giving the week of May 11<sup>th</sup> to May 15<sup>th</sup> the opportunity to pick up the packets by appointment with me by email. I will give everyone the opportunity of two weeks to provide me with the following information below. All Candidates will be evaluated and or judged based on the following criteria:

### **Teachers, Principal and Vice Principal Evaluations (100 possible points)**

Candidates will provide a list of their current Teachers. I will provide an evaluation to your Teachers, Principal, and Vice Principal. The teacher evaluations will rate you on attendance and punctuality, cooperative attitude, honesty and dependability, and ability to get along with others and class conduct. The Principal and Vice Principal will evaluate your courtesy, respect for peers/adults, positive attitude, and ability to make wise choices and emotional maturity.

### **Tryout Notebook (100 possible points)**

List of Teachers, Information form filled out, candidate and parent permission form signed  
Questions answered

### **Essay Question (100 possible points)**

### **Video (100 possible points each)**

Pick at least 2 Jump and Kicks  
Pick a Cheer/Chant out of cheer book or create one  
A 1 to 2-minute Cheer/Dance Halftime routine with music

### **Announcing the Teams**

I will announce the 2020-21 cheer squad and captains by handing out a sealed letter to all candidates which will inform them if they have made the team and for which season. The letters will be available for pick up on **Wednesday, June 17th by appointment.**

### **Timeline**

May 11-15	Pick up packet
May 29 <sup>th</sup>	Packet due
June 17 <sup>th</sup>	Announce Cheer Squad

### Equipment Costs

The parents/cheerleaders are responsible for covering the cost associated with cheerleading which includes the uniform, shoes, and poms. **Parent lead** fundraising opportunities will be available during the summer months.

### Overview of Estimated Costs/Replacement: (Estimate-may change with fundraisers)

Shell & Lettering	\$165.00
Team Jacket w/name	\$76.00
Skirt	\$63.00
Black Spanks (Required)	\$30.00
Shoes (Required)	\$50/100
Team Bag	\$90.00
Bows	\$20/40
Poms	\$40.00
Body Liner	\$70.00
	<u>\$674.00</u>

As a member of the Omak High School Cheerleading team, you are offered the opportunity for great personal growth, leadership development and involvement in many different exciting activities. Your attitude, dedication and enthusiasm are just as important as the physical skills involved. If you have any questions regarding this year's virtual tryouts, please contact me by e-mail, [smcclellan@omaksd.org](mailto:smcclellan@omaksd.org)

Sincerely,

*Stacy Nicole McClellan*  
Cheer Advisor/Coach

**Information**

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

Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**Season**

Football: \_\_\_\_\_ Basketball: \_\_\_\_\_ Both: \_\_\_\_\_

Are you considering being a Captain? \_\_\_\_\_ Are you considering being a Co-Captain? \_\_\_\_\_

**Skills Assessment**

Experience: \_\_\_\_\_ Don't worry if you don't have experience  
Cheer # of years: \_\_\_\_\_ Dance # of years: \_\_\_\_\_

Gymnastics # of years: \_\_\_\_\_ Tumbling # of years: \_\_\_\_\_

**Jumps**

Please check all that applies

Spirit Tuck: \_\_\_\_\_ Spread Eagle: \_\_\_\_\_ Double Hook: \_\_\_\_\_

Herkie: \_\_\_\_\_ Toe Touch: \_\_\_\_\_ Side Hurdler: \_\_\_\_\_

Front Hurdler: \_\_\_\_\_ Double Nine: \_\_\_\_\_ Pike: \_\_\_\_\_

**Tumbling**

Cartwheel: \_\_\_\_\_ Round-Off: \_\_\_\_\_ Front Walkover: \_\_\_\_\_

Back Walkover: \_\_\_\_\_ Front Handspring: \_\_\_\_\_ Back Handspring: \_\_\_\_\_

**Stunts**

Prep Level: \_\_\_\_\_ Extensions: \_\_\_\_\_ Toss to hands: \_\_\_\_\_

Thigh Stands: \_\_\_\_\_ Shoulder Stands: \_\_\_\_\_ Libs at Prep: \_\_\_\_\_

Libs at Extension: \_\_\_\_\_ Chair: \_\_\_\_\_ Split Lift: \_\_\_\_\_

Basket w/Toe Touch: \_\_\_\_\_ Full Down: \_\_\_\_\_ Basket Toss: \_\_\_\_\_

## **List of Teachers**

### **Questions**

Have you ever been on academic probation? If yes, please explain.

Have you ever had any disciplinary actions? If yes, please explain.

Please list any other activities or sports that might conflict with cheer activities such as jobs, vacations, school clubs, dance, etc.

List two fundraising ideas.

How do you handle conflict?

### **Essay Question**

Please type up on a separate paper.

New Cheerleaders answer these.

What does it mean to be a cheerleader? What are your priorities in life? What is most important? Where does cheer fit into the things that are important to you?

Returning Cheerleaders answer these

How has cheerleading affected your life this year? Discuss positive and negative aspects of high school cheerleading (based on your experience), and three suggestions for improvement on the next team and how to build them?

**Candidate Permission**

I have read the cheer try-out letter and athletic code for Omak High School and I agree that I will, at all times, abide by those rules as long as I am a member of the Omak High School Cheerleading Squad. I am aware of the costs associated with cheer as outlined in the try-out letter. I promise to uphold the high standards of the squad in a way that will always be a credit to my school. I realize that failure to comply with these rules can mean dismissal from try-outs.

Candidate Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Parent Permission**

Your child has signified a desire to become an OHS Cheerleader. If selected, there are certain responsibilities and obligations associated with OHS Cheer. I have read and understand the requirements and estimated costs, try-out letter and athletic code. I understand that all forms attached must be completed, or my child will not be allowed to tryout. I understand that my son/daughter will be evaluated by judges, and we agree to abide by the decision of the judges. I will, whenever questions arise, contact the cheerleading advisor for clarification. While I expect that all reasonable precautions to avoid injury will be taken, I understand that the school assumes no financial obligation for any injury that may occur.

I hereby give my son/daughter permission to try out and take part in cheerleading activities at Omak High School.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Omak High School  
Captain (Head Cheerleader) or  
Co-Captain Application  
2020-2021**



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**Tryout Notebook (100 possible points)**

List of Teachers, Information form filled out, signed contract, team bonding plan  
Rate yourself, Agenda for Cheer practice, Fundraising plan

**Question (100 possible points)**

**Video (100 possible points each)**

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Sincerely,

*Stacy Nicole McClellan*  
Cheer Advisor/Coach

## **EXPECTATIONS AND REQUIREMENTS**

The Captain (Head Cheerleader) will be the Varsity Squad Captain, as well as in charge of all other captains. If selected, the Head Cheerleader or Co-Captain are expected to commit to and serve in the position for the remainder of the cheerleading season. OHS Cheerleaders are held to a higher standard than the rest of the school and the Head Cheerleader and Co-Captains will be held to an even higher standard.

Because leaders are held to a higher standard, if a Head Cheerleader or co-captain accumulates 10 demerits in one cycle, then he/she will be removed from his/her leadership position, in addition to the regular consequences incurred by a cheerleader.

### **Cheer Captain and Co-Captain Duties**

ALWAYS...

- ☺ Be the first to arrive, last to leave, DON'T BE ABSENT.
- ☺ Encourage.
- ☺ Volunteer to do the jobs that need to be done.
- ☺ Prepare one teambuilding activity a week (short and sweet).
- ☺ Organize/coordinate locker posters.
- ☺ Organize/coordinate cheer water bottle cheer suckers for away cheerleaders.
- ☺ Lead stretches and warm-up.
- ☺ Help others learn.
- ☺ Call and end cheers.
- ☺ Diffuse drama!
- ☺ Lead with high energy in practice and at games
- ☺ Set the example for their teammates
- ☺ Work with the coach!!!!!!!!!!!!!!

**Information**

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Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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Cheer # of years: \_\_\_\_\_ Dance # of years: \_\_\_\_\_

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**Jumps**

Please check all that applies

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**Tumbling**

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Basket w/Toe Touch: \_\_\_\_\_ Full Down: \_\_\_\_\_ Basket Toss: \_\_\_\_\_

## **OHS CAPTAIN/CO-CAPTAIN PERMISSION FORM**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Being a captain is not an easy task. Being a captain means your commitment level must go up and cheerleading has to be your first priority outside of family and school. You need to be the first one at every practice and last one to leave. You have extra responsibilities and are held to a higher standard. You are not allowed to miss a practice, game, or event for any reason other than for a contagious illness, religious observances, or graded school events. You are expected to lead the cheerleaders at practice, games, and special events. You are expected to be a good role model outside of cheerleading as well. You represent not only Omak High School, but the cheerleaders in everything you do. You become a mini assistant coach, you are on the coach's side and it is a complicated line to tread. You need to be a friend and leader and a coach all at the same time. If you feel like you are ready for this commitment, continue with the application.

Please make sure you complete your notebook carefully and truthfully. I will be holding you to your word if you are chosen as captain or co-captain.

\*Notebook is due on **May 29, 2020!!!**

**Student and parent/guardian signatures on this application indicate that both the student and the parents/guardians have read, discussed, understand, and agree to all the provisions and requirements set forth in the Cheer Constitution.**

I am interested in a leadership role with the Omak High School Cheerleading Team. If elected, I promise to abide by the rules and regulations set forth by the coach and the principal of Omak High School. I promise to cooperate and follow the instructions of the cheerleading coach.

My parents and I are aware of the time involved in preparing for cheerleading tryouts and with holding the Captain/Co-Captain positions. I am willing and able to spend many extra hours after school and practice for choreography, organizing, fundraising, etc. I promise to be at each training practice, event, or required function unless I am absent from school because of illness and will present proof of such absence(s).

My parents and I understand that approval of this application is dependent on my full compliance with the eligibility requirements for Omak High School Cheerleading Program. My parents and I agree to comply with ALL of Omak High School's rules and regulations for the cheerleading/mascot program and will abide by all the student codes of conduct regulating participation in the program.

I understand my responsibilities to uphold the reputation of my squad, school and community. As a role model, I will consistently adhere to the Student Code of Conduct and the Cheerleading Constitution **IN THEIR ENTIRETY.**

I understand that making Captain/Co-Captain does not guarantee a leadership position for the entire year. I must maintain the standards set forth in the constitution, by the coaches and the OHS administrators.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

## **CAPTAIN/CO-CAPTAIN CHEER NOTEBOOK**

### **Rate yourself**

Rate yourself in the following areas. Please, explain and give examples of your talents (example 1-5; 5 being the strongest)

Motivation  
Organizational Skills  
Dedication  
Reputation  
Responsibility  
Positive Attitude

**Teacher evaluations** (all teachers, if you are in running start please use most recent HS teachers)

**Choose one Ethical Principle that you feel is most important to you and our program. Why is it so important? Give an example of how you apply this principal to everyday life.**

### **Signed Contract**

#### **Agenda for Cheer Practice**

*Develop an outline for cheer practice including activities and time allocation for each activity.*

#### **Fundraising Plan**

*Create a fundraising plan for the 2020-2021 school year.*

#### **Team Bonding**

Please state at least 2 team bonding activities you can lead throughout the season.

**Questions** *please respond to the following questions.*

What assets would you bring to the organization if selected as Head Cheerleader/Captain?

Do you feel that you can stand on your own judgment and make decisions as a leader that may cause you to lose a few friends?

What is the key to earning the respect of your team? How do you keep it?

What is your weakest characteristic that would hinder you being a great captain/co-captain?

What can you attribute to the team that the other candidates cannot?

What do you feel is the most important responsibility as a captain/co-captain?

If we have a dance routine not ready and I come to you about my concerns how would you react?

2008  
NCA

CREATING THE EVERYDAY HERO

★  
SPIRIT  
book

# BASIC CHEER MOTIONS



## BEGINNING STANCE

Feet together, hands down by the side in blades



## CHEER STANCE

Feet more than shoulder width apart, hands down by the side in blades



## CLASP

Hands clasped, at the chin, elbows in



## CLAP

Hands in blades, at the chin, elbows in



## HIGH V

Arms extended up forming a "V", relax the shoulders



## LOW V

Arms extended down forming a "V"



## TOUCHDOWN

Arms extended straight and parallel to each other, fist facing in



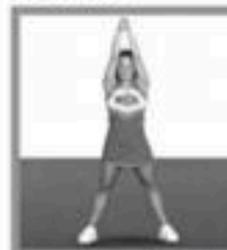
## LOW TOUCHDOWN

Arms extended straight down and parallel to each other, fist facing in



## BOW AND ARROW

One arm extended to side with other arm bent at elbow in a half "T" motion



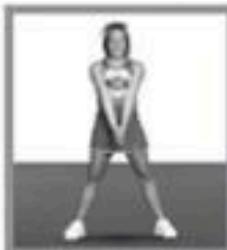
## OVERHEAD CLASP

Arms are straight, above the head in a clasp and slightly in front of the face



## TABLETOP

Arms bent at elbow, fists in front of shoulders



## LOW CLASP

Arms extended straight down, in a clasp and slightly in front of the body



## PUNCH

One arm extended straight up, one arm on hip, in a fist



## L MOTION

One arm extended to the side with other arm extended in a punch motion, (Left L shown)



## DIAGONAL

One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)



## T MOTION

Both arms extended straight out to the side and parallel to the ground, relax the shoulders



## HALF T

Both arms parallel to the ground and bent at the elbows, fists into shoulders



## SIDE LUNGE

Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other



## FRONT LUNGE

Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other

## NCA JUMPS



### Spirit Tuck

Bring knees to chest, keep knees together



### Spread Eagle

Keep knees forward, keep a straight body without piking



### Double Hook

Hook both legs same direction, keep shoulders square



### Herkie

Keep knees down, keep knees on straight leg, bring upwards from leg, straight arm, straight leg, bent arm



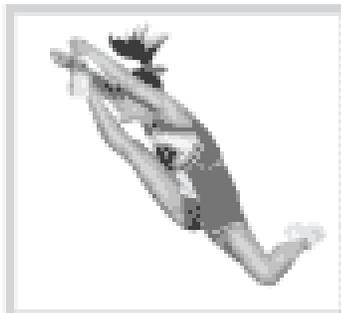
### Toe Touch

Keep head and chest up, pull legs to arms, reach for the ends of the floor, use the core



### Side Hurdler

Keep knees the correct, keep knees on straight leg, bring upwards



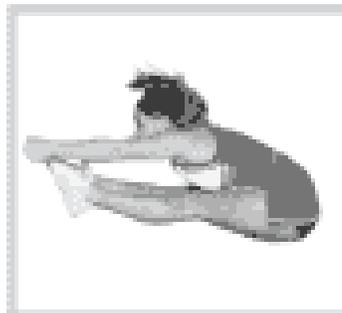
### Front Hurdler

Bring straight leg up to the chest and between the arms, back, knees point down toward the ground, head and both feet together at the same time



### Double Nine

Arms and legs in same "9" position, bring legs to arms, keep head up



### Pike

Keep head up, bring legs to arms